DR. ANN WIGMORE'S
COMPLETE DIET AND HEALTH PROGRAM

REJUVENATION

BY STEPHEN BLAUER

A breakthrough in man's quest for the fountain of youth. A startling discovery tested by thousands at the Hippocrates Health Institute, proves that you can rejuvenate your body and live longer with Living Foods, exercise and a positive attitude.

Introduction by Vern Mannon D.C.

Lenita Mullins

March 1984

Property of the
Marygrove College
Women's Center

DR. ANN WIGMORE'S
COMPLETE DIET AND HEALTH PROGRAM

REJUVENATION

BY STEPHEN BLAUER

© 1980 by Stephen Blauer. All rights reserved. Reproductions in any manner without written permission of the author is prohibited except for brief quotations used in connection with reviews for magazines or newspapers.

1st Printing 1980

2nd Printing 1981

Manufactured in the United States of America.

This book is available at your local health food store and from any good book store in the United States. Should you have difficulty in obtaining this book or if you wish to receive information or related titles, you may send your order plus shipping cost* direct to:

Green Grown Publications
P.O. Box 661
Santa Monica, California 90406

*Shipping + Handling Cost: 1–5 copies — $1.50

DEDICATION

This book is dedicated to my mother and father, who by example, have taught me to live the golden rule. And to Dr. Ann Wigmore, who by example, has inspired thousands to seek a greater understanding of life.

Dr. Ann Wigmore

As the founder of Hippocrates Health Institute, Dr. Ann Wigmore has dedicated her life to teaching others the value of living food. Born in Lithuania in 1909, she was raised by her grandmother, who gave her unwaivering confidence in the immense healing power of nature. Dr. Wigmore spent years experimenting to find simple, healthy, and inexpensive ways to grow food indoors, such as the now popular technique of sprouting. Much of her philosophy is as old as Hippocrates himself who taught that if given the correct nourishment, the body will heal itself, and advised, *Let food be your medicine.*

In 1963, under her direction, the Hippocrates Health Institute became a philanthropic, non-sectarian, non-profit organization and study center implementing the principles of living food, wheatgrass chlorophyll, and care of the body for the restoration of vibrant health. Countless are those who have studied and healed themselves there, or who have profited from the knowledge of others who returned eager to teach and help.

In a desire to share her knowledge as broadly as possible, Dr. Wigmore has authored over fifteen books, distributing over one million copies. She has lectured in twenty countries. Her ongoing healing work, with decades of experience backing it, has given others a greater understanding and appreciation of the healer within.

CONTENTS

PART I — THEORY

Chapter 1 — **HEALTH CRISIS IN AMERICA**
The Cause and the Cure — Disease and Dietary Changes — Health is Your Birthright — Longevity (Fact or Fiction) — Self-Responsibility — Seven Chronic Illnesses — Why Wait for 'Proof'? 1

Chapter 2 — **WHAT TO DO ABOUT THE PROBLEM**
Healing Yourself and Others — Nature's Laws — The 'Whole' Health Picture 34

Chapter 3 — **EATING FOR LIFE**
Daily Requirements (MDR) — Basic Nutritional Needs — Nature's Way — 30 Days to Better Health 38

Chapter 4 — **THREE MORE PLAYERS IN THE GAME OF HEALTH**
Exercise Your Body — Flexercises — Freebics — Mental Attitude and Health — Case Histories — Synergy with Nature 50

PART II — PRACTICE

Chapter 5 — **THE LIFE FORCE PROGRAM**
Malnutrition in America — Foods to Avoid — The Danger of Processed Foods — Regeneration vs. Degeneration — Seed of Life — Nutrients in Sprouts — Chlorophyll, the All-Purpose Healer — Miracle of Grass — Uses of Chlorophyll — Juicing — Golden Rules of a Perfect Diet — Combining Foods — The Life Force Kitchen — How to Sprout — Indoor Gardening 57

Chapter 6 — **RECIPES FOR LIFE FORCE**
Fermented Foods — Rejuvelac — Sauerkraut — Seed and Nut Ferments — Rejuvenating Drinks — Fruit Soups — Fruit Salads — Vegetable Soups — Dressings and Sauces — Sprout Salads — Entrees — Gourmet's Delights — Food for Travel 104

Chapter 7 — **THE LIFE FORCE FITNESS PROGRAM**
Look Better, Feel Better — Eating, Thinking, and Exercise — Flexercises — The Seven Nerve Centers — Six Steps to Power — Freebics, Man's Best Friend — Breath of Life — Problem Solving 133

Chapter 8 — **CREATING A RELAXED ALERT BODY & MIND**
Quality of Life — The Great Law — Thoughts Affect the Body — Emotions Can Control You — Know Yourself — Relaxation Technique — Spirituality — Love and Forgiveness — Service to Others 153

Chapter 9 — **TRANSITION INTO LIFE**
The Transition Period — Cleansing vs. Building — Five Keys to Colon Health — Internal Bathing — Wheatgrass Implants — Beauty is Only Skin Deep — In Case of Serious Illness 172
Suggested Reading 185
Ideas to Spread the Message 187
Footnotes 189
Index 192

INTRODUCTION

The right to live and enjoy good health is an inheritance of mankind.

Are you satisfied with your health?

Have you enjoyed the real joys of living?

Are you always giving excuses?

Do you really know the individual huddled up inside that beautiful person called "you"?

We have become so disease-oriented that we have forgotten what the benefits of health *are*. Health gives us the ability to be loving — to enjoy giving, caring, and sharing with others. Would you enjoy that feeling?

The Life Force Program as outlined in this book and taught at Dr. Ann Wigmore's Hippocrates Health Institute could reach out and help someone. And that someone could be you!

If you are ready for a change, you could through the miracle of living foods and stress balancing regenerate a new desire, purpose, and direction for living. If you are ready for Relieving, Believing, Achieving, rejuvenation through the Life Force Program is the opportunity you have been looking for.

Vernon R. Mannon, D.C.
Monmouth, Illinois

INTRODUCTION BY THE AUTHOR

This book speaks about important human issues. It speaks about human nutrition and the needs of the human body. It speaks to those people who wish to prevent disease and rejuvenate their body. The book recommends a program, the Life Force program, for eating, exercise and thinking that banishes disease and reverses the aging process.

The Life Force program is based on natural laws of health. Many of the world's longest lived people follow these laws unconsciously. At 100 years of age, they are able to lead a productive and happy lifestyle. Moderation in all things help them to keep their youthful appearance and vitality. You too can keep fit and vital by applying nature's simple laws of life and human health.

Be ready to shed conventional ideas and to re-examine many habits you have taken for granted. We will not ask you to accept any idea without scientific reasoning. This book is based upon knowledge and experience. All our theory is proved by practice and by results.

This book is about 'living'. If you are healthy, it tells you how you can live a long healthy life, free of degenerative disease and violent death. If you are sick, it asks you to take responsibility for your own well-being, today. It will show you the cause of the problem and a safe, natural method to build the body to health. The recuperative powers of the body, when given correct food and thought, are immense.

The book is divided into two parts and an appendix. The first part tells us the facts underlying the epidemic proportions of degenerative disease in the world. It also covers the cause and prevention of the most dreaded chronic illnesses, cancer, diabetes, heart disease, hypertension, hypoglycemia, obesity and aging. The second part tells us what action to take to prevent and avoid middle-aged death and disease. Part two is a 'Learn by Doing' guide to good health and a long life. The Life Force program has added years of productive living to many people who suffered with chronic illness.

THE CASE OF D.H. OF MICHIGAN

D.H., a building contractor, suffered with a chronic sinus problem for over seven years. In his own words, *The problem was that for seven years I suffered with sinuses that just ruined my life. I was on cortisone for four years. Cortisone is supposed to kill you in ten years. I discovered Dr. Ann's book* Why Suffer? *and I started on wheatgrass and I got much relief. After being on it for three years, I had practically healed myself. During that time I had lost 52 pounds and saw a lot of things that I was ailing from reversed. I had sinus so badly, I didn't smell anything for seven years. I had seven doctors. One of them did surgery. They did what they called 'windows' in my nose, which let the mucus drain out, mucus I never should have had in the first place. The problem was that it went directly into my lungs and caused asthma. So I had asthma so badly that I couldn't breathe at all. I couldn't get air in and out of my lungs. Cortisone was the only relief I could find at the time. Because of wheatgrass, fasting, and raw foods, I was able to overcome it completely. My doctor tells me that I am ten years younger today than I was seven years ago.*

THE CASE OF E.H. OF CALIFORNIA

E.H. is an active Californian housewife and author. In 1973, she found out that she had malignant breast cancer. A surgeon she had visited said to her, *There is no known cure for cancer, we can't claim a cure. The best I can tell you is that you have an eighty percent chance to live one year, and a maximum life expectancy of five years. She let a doctor perform a lumpectomy. The lump was malignant.*

E.H. miraculously met a local woman who had lost a son to cancer and wanted to help others. Her advice to E.H. was to go to Boston to see Ann Wigmore. She decided to give wheatgrass a try. Two years later E.H. had completely recovered from her illness and wrote a book on her 'victory'.[1] *Today she and her husband lecture and help others to understand and win their own victories over cancer.*

IMPROVED QUALITY OF LIFE CAN BE YOURS NOW

We have all experienced the feeling of security, peace and joy that we have in the company of certain people. We sense their gentleness and inner strength. These people possess what is called 'spirit' or 'quality'. Each experience can add to or subtract from the quality you possess. You can learn to develop and use this quality and bring more happiness to yourself and others. As you grow in years, so shall the quality you possess grow and increase in strength. The 'pretty good for a fifty year old' attitude quickly disappears and the 'getting better everyday' view becomes a reality.

SUPERIOR HEALTH AND HAPPINESS CAN BE YOURS

The two go together. Have you ever known a truly happy person to be sick? Try to think an unhappy thought while holding a smile on your face. The same superior health that enables one hundred year old men in Hunza, Pakistan to walk for miles carrying heavy loads, can be yours today. Health is what you make it. All the riches and gold in the world cannot buy you health. But, when you possess your birthright, health, all the world's riches are possible for you.

INCREASED ENERGY AND POWERS OF CONCENTRATION CAN BE YOURS

Have you ever noticed lately, the sad state of human bodies? Many people are lacking energy to finish the day. They are not able to fulfill routine tasks with full concentration. The many are merely surviving, not experiencing the satisfying feeling of a job well-done with undivided attention of heart and mind.

Using the techniques presented in this book, you can learn to control your energy level. The ability to concentrate to the end comes easy to a few, but is learned by most. A step-by-step guide to development and use of your mental power is outlined for your use. 'Life' can be yours in a few short weeks.

THE 'LIFE FORCE' PROGRAM WILL CHANGE YOUR LIFE

The program is the product of the views and life-works of hundreds of great men and women in many fields of interest. It is more than a doctor's, chemist's, or longevity expert's view. It is a safe, simple and practical way of life, time-tested by nature and recommended only after years of experience in use.

The cause of disease is no longer a mystery. The facts of human nutrition long ago proven by nature, are now being proven by modern science.

Can you wait to know the results? To the many people who do not choose to wait for 'proof', we offer this timely study and all the joy the Life Force program will bring to them.

ACKNOWLEDGEMENTS

This book is a product of many years of research done by dedicated men and women throughout the world in the fields of nutrition, physical fitness, disease, aging, psychology and spiritualism.

We wish to thank all those great people, who by their medical and scientific works have helped the millions of seekers everywhere who search for knowledge through scientific reasoning to find health and happiness.

A special thanks goes to Paul Bragg, Norman Walker, George Clements, Viktoras Kulvinskas, Nathan Pritikin, Murdo MacDonald-Bayne and Edmond Bordeaux Szekely for trail blazing a path towards a more abundant life for all.

An extra special thanks goes to the staff and students of the Hippocrates Health Institute, who strive to bring peace to the hearts and minds of all people; Joan Johnson for typing, Diane Golfin for proofreading, Rick LaPalombara and Gail Blauer for photography, Kathy Kryznel for pasteup, Jake Jacobson for recipes and exercise illustrations, Chas Sneyers, John Banker, Karina Moreno, Maria Parker, Stephen McCloskey, Ann Welsh, Harry Kislevitz and Annie Willoughby for their loving support.

TO THE READER

The information in this book shall not be construed as a claim or representation that it is intended for the use in diagnosis, cure, mitigation, treatment, or prevention of any disease, physical malfunction, surgical or medical procedure, manipulation, and/or drug or medication which may be deemed necessary or indicated so by your doctor.

The book offers an alternative way of life, in tune with nature's laws, to rejuvenate the body and prolong its youth. The programs suggested have been tested by thousands at the Hippocrates Health Institute over the last eighteen years. The author and publisher assume no responsibility for improper application or interpretation of the natural laws contained herein. We believe right nutrition and a balanced lifestyle will bring you closer to the goal of perfect health.

PART 1 Chapter 1

HEALTH CRISIS IN AMERICA WHAT IS THE CAUSE AND CAN IT BE REVERSED?

MODERN LIVING

Modern existence is a hard uphill struggle. It may be a consolation to know that humans throughout history are also seen struggling and suffering against nature. Although, modern living's dangers are unequaled in our present civilization's history. We face a troubled and uncertain future. World famous scientists tell us it is not too late to move ahead into safe, peaceful world existence/future. Yet, the cries of politicians and protesters ring a sour note. They speak of human suffering and hard-times ahead. As a group, we must make some hard, fast decisions about our continued wasteful existence.

In testimony before the Select Committee in 1972, Dr. George Briggs, Professor of Nutrition at the University of California, Berkeley, estimated, based on a study by the Department of Agriculture, that improved nutrition might cut the Nation's health bill by one-third.[2] Others speaking before a government sub-committee revealed that billions of dollars were spent on unnecessary hospital surgery each year.[3]

We have become a polluted, sedentary, toxic, fast food addicted, drug oriented, anxiety ridden, sleepless society. Dr. Laura Neuman informs us that: *During the last 50 years in the U.S., the increase in epilepsy has been 450%; Diabetes 1800%; Brights Disease 650%; Anemia 300%; Insanity 400% ; Heart Trouble 300%; Cancer 308%; and while we have the distribution of raising the world's best hogs, we have 75% of the world's sinus trouble.* [4] One in three men in the United States can be expected to die of heart disease or stroke before age 60 and one in six women.[5] It is estimated that 25 million suffer from high blood pressure and that about 5 million are afflicted by diabetes mellitus.[6] Many of our youths will not live to be 40, dying of the same degenerative diseases as their parents. Chronic illnesses have reached epidemic proportions, they are choking the life of our entire society.

The Department of Health, Education and Welfare's *Forward Plan for Health, Fiscal Year 1978-82*, reports that health care expenditures in the United States in fiscal year 1975 totaled about $118.5 billion and predicts the cost could exceed $230 billion by fiscal year 1980. And these statisics do not account for the fact that millions of Americans today are self-medicated. L. Levin, M.D. tells us: *According to a few studies made so far in the U.S. and Britain, about 75% of all health and medical care is already self-produced.*[7] Yet, despite the gigantic expenditure towards clinical health, there are no guarantees that it can help you at all. One sentence on the mandatory hospital consent form tells the story; it reads: *I am aware that the practice of medicine and surgery is not an exact science, and I acknowledge that no guarantees have been given to me as a result of treatments or examinations in the hospital.*

Unnecessary surgery is a 'monumental' problem despite efforts to curb it, a House Sub-Committee report concluded that two million unnecessary operations were performed in 1977, costing more than $4 billion and resulting in the deaths of over 10,000 people.[8]

While it is obvious that nutritional information could reduce overall health care costs, it also offers the potential for prevention of vast suffering and loss of productivity and creativity.

DIS-EASE AND DIETARY CHANGES

The changing diet of the American people is directly related to the changing pattern of disease. A report prepared in 1978 for Senator George McGovern's Senate Sub-Committee on Nutrition and Human Needs relates the current changing rates of degenerative disease to a harmful shift in dietary habits. Sharp increases in use of saturated fats, cholesterol, sugar, salt, food additives, refined carbohydrates and dangerous combinations of the same are linked with six major degenerative diseases.[9]

Some common degenerative diseases are heart disease, cancer, diabetes, atherosclerosis, stroke, nervous disorders and gout. *More than 60% of Americans (20% of youth under 17) are suffering from a chronic disorder.*[10]

Ex-Senator Hubert Humphrey, a member of the Nutrition Sub—Committee, died a short time after the nutritional study of cancer.

News reports printed after his death, cited malnutrition the prime factor of death, not cancer. He was a great man in the prime of his life. He tried to fight cancer with a weakened body and lost the battle.

The government report ended with the following recommendations: In summary,

1. That proper nutrition be taught in schools and to all cafeteria workers and food workers.
2. That the labeling of foods provide more complete information on the foods contained in the packages.
3. That other means of preserving and refining foods be researched to make those foods lesser health risks.

If acted upon, the above recommendations can help our country to again become the greatest force for peace and freedom on the Earth. A decreased life-span stifles many of our great leaders when they can help us most.

HEALTH IS YOUR BIRTHRIGHT

Disease, or dis-ease as we prefer to call it, is a very simple matter. All human beings are a part of nature. Being a part of nature, like all wild creatures, your body is ruled by the changeless natural laws. The seasons change, the tides come in and go out and many living creatures migrate from one area to another, all according to natural rhythms and cycles.

Disease is a result of failure to obey the natural laws, rhythms and cycles of the Earth. When you choose to follow nature's simple laws; health, happiness and long life, like animals in the wild enjoy, are yours.

We believe your body, like all of nature's creations, evolved as a self-healing mechanism. Would the highest form of life and world's greatest technology, the human body, operate below the abilities of lesser animals, who when sick, heal themselves? The body can and will heal itself; as Hippocrates, the father of Western medicine, proved in his life. He banished superstition in healing and disease. For political and other reasons, we have all but forgotten what the first physician taught us, *Nature heals, the physician is only nature's assistant.*[10] Hippocrates saw thousands heal themselves when their bodies were given proper rest, cleansing aids and rebuilding materials in the diet.

Hundreds of years ago the 'father of medicine' understood the natural laws of health and disease. The same simple laws apply today. The great inventor, Thomas Edison, had the past and future in mind when he said, *The doctor of the future will give no medicine but will interest his patients in the care of the human frame in diet and in the cause and prevention of disease.*[11] Another great thinker and vegetarian, Ben Franklin, also knew the laws of health and disease when he said, *I saw few die of hunger; of eating, a hundred thousand,* and *The best of all medicines are rest and fasting.*[12] We add these two great minds to the hundreds of others to whom health was a matter of common sense of the most simple nature.

LONGEVITY- FACT OR FICTION?

Increased longevity for Americans is a myth. The tables compiled by the Department of Health, Education and Welfare are misleading. The average life-expectancy today is about 67, this is computed by taking an average of all people from birth to death. Babies dying of crib death and other childhood diseases count in the average life-expectancy. In 1900, the life-expectancy of a white male was 50 years. The truth is, in 1900, the chances of a baby dying of a childhood related disease was much greater than today. This fact brings the early 1900's overall life-span average down. Once a person got past childhood (in the early 1900's) he could expect to live longer than the average man does today by at least 8 years.[13]

The same method is used to compute world longevity statistics. The developing countries with high incidence of crib death are the lowest on the list, but in many cases they have a higher proportion of people living over 100 per population than the United States.

For the middle-aged American man, the health picture is not improved over our great grandparents. Our ignorance regarding health and nutrition has gone far enough. Senator George McGovern had this to say about cancer at the opening of hearings on cancer and nutrition, *About half of American cancer is diet-related, but only one percent of federal cancer research is spent on diet study.* and, *The United States will have spent $ 10 billion on cancer research by 1980, but an adult's chances today of being cured of cancer are not significantly better than they were back in 1940.*[14]

This is not a warning, but a statement from a high government official who is asking us to become more independent in health matters.

SELF– RESPONSIBILITY FOR HEALTH

The Life Force program makes each person responsible for their own health and well-being. It will give anyone the tools to do-it-yourself nutrition and health. The modern high fat, high sugar, high salt, high additive, high refined carbohydrates and poorly combined diet is a proven cause of 6 out of 10 leading causes of death in America.[15]

In his testimony at the Select Committee's July 1976 hearings on the relationship of diet to disease, Dr. D. Mark Hegsted of Harvard University said: *I wish to stress that there is a great deal of evidence and it continues to accumulate, which strongly implicates and in some instances, proves that the major causes of death and disability in the United States are related to the diet we eat. I include coronary artery disease, which accounts for nearly half of the deaths in the United States, several of the most important forms of cancer, hypertension, diabetes and obesity, as well as other chronic disease.*[16]

A properly prepared and combined living food diet, exercise, rest and relaxation, and a healthy attitude has given millions of people health and long life throughout the ages. Since the days of Hippocrates some humans have 'let their food be their medicine', while countless others have suffered to an early grave through ignorant dietary abuse and poor living habits. Self-responsibility in health is giving each person the knowledge to make their own decision for health or for suffering.

A STUDY ON SEVEN CHRONIC ILLNESSES

This section of the book is about specific chronic diseases. We will briefly discuss new and old medical findings in an attempt to clarify the following illnesses; Cancer, Diabetes, Heart Disease, Hypertension, Hypoglycemia, Obesity and Aging. Entire volumes can be written on each, but that is beyond the scope of this study.

We present here a simplified approach to the seven problems and several case studies of those who have healed themselves through application of natural laws and the Life Force program.

1 CANCER

The 'war on cancer' is still on. For years we have heard news of this or that 'cure' for cancer. We have watched billions of dollars go into research for cancer cures. *Between 1972 and 1978, the National Cancer Institute spent 5 billion on cancer.*[17] Yet, evidence of death due to cancer is on the rise while we are assured that the 'cure' is 'just around the corner'.

When the war on cancer was first declared by the Nixon administration in 1971, one in every six American deaths was due to the disease. By 1978, after billions had been spent on research of conventional methods of therapy, the rate was up to one in every five Americans. If the growth rate continues, current estimates are that cancer will cause one in every four deaths by 1988, one in every three by 2008, and one in two by the year 2050 - a gloomy death sentence for those born today.[18] Three-hundred-fifty-thousand people will die of cancer this year and six-hundred-sixty-five thousand will become 'new cases', one in every four people today will have cancer in his/her life.[19]

The truth is, there is no 'cure' for cancer. In fact, *In 1973 a leading researcher derived that virtually all conventional anti-cancer drugs actually caused cancer.*[20] *Those who fail to get treatment for cancer, outlive those who go the cut, burn and/or chemical route(this according to Dr. Handin B. Jones, a cancer researcher). Dr. Jones claims that those who get treatment, live hardly three years. Those who refuse it live an average of 12.5 years. Dr. Jones, a physiologist with the University of California, Department of Medical Physics, has been studying cancer for more than 23 years. Cancer victims are dying at the rate of 1,000 a day.*[21]

We believe the human body is a self-regulating, self-cleansing and self healing mechanism. It works day and night to maintain health. Nobel Prize winner, Alexis Carrel, M.D., devoted an entire chapter to the adaptive functions, stating that the body seems to mold itself on events, and *instead of wearing out, it changes.* He continues: *Our organs always improvise means of meeting every new situation and these means are such that they tend to give us a maximum duration. The physiological process always inclines in the direction leading to the longest survival of the individual.*[22]

Modern man's habits of excessive eating, of drug abuse and negative thinking, combined with refined and processed junk

foods, environmental pollutants and work stress poison the blood and flesh of the body. The U.S. Government's National Cancer Institute supports this claim and recommends eating less food and drinking less alcohol.

Americans can markedly reduce their risk of getting cancer by eating less; by eating a balanced, low fat, high fiber diet, and by drinking only moderate amounts of alcohol.[23] *Testifying before the* Select Committee in July 1976, Dr. Gio Gori, Deputy Director of the National Cancer said: *There is a strong correlation between dietary fat intake and incidence of breast cancer and colon cancer. As the dietary intake of fat increases, you have an almost linear increase incidence of breast and colon cancer.* And Dr. Gori said: *Colon cancer has also been shown to correlate highly with the consumption of meat, even though it is not clear whether the meat itself or its fat content is the real correlating factor. Mortality rates from colonic cancer are high in the United States, Scotland and Canada, which are high meat consuming countries; other populations such as in Japan and Chile, where meat consumption is low, experience also a low incidence of colon cancer. Seventh Day Adventists and Mormons have a restricted fat and meat intake when compared to other populations living in the same district and as indicated, they suffer considerably less from some forms of cancer, notably breast and colon.*[24]

A diet adequate in protein, starch and fat, but low in life elements (vitamins, minerals and enzymes) will cause cancer . Drs. Engel and Copeland put test animals on a low mineral, low vitamin diet of refined foods containing cancer-causing agents. They developed a 90% incidence of cancer within 22 weeks. Control animals put on a diet of natural foodstuffs, unrefined and unprocessed foods, developed no cancer although they received the same amount of cancer-causing agents in the same period of time. Mammary tumors occurred in 90% of the animals on refined foods, liver and ear duct tumors in 60% of the animals.[25]

Drs. Engel and Copeland tell you exactly how to induce cancer in animals. Feed them refined foods. They state: *These results emphasize that semi-purified or purified (refined) diets are preferrable to diets of natural foodstuffs for the early and consistent production of mammary and other type tumors in young female rats.*[26]

Walter Troll, Ph.D., Professor of Environmental Medicine at New York University Medical Center, recently demonstrated that feeding soybean foods to experimental animals reduces the severity of cancer.[27]

Dr. Frank C. Madden, F.R.C.S., Professor of Surgery, Egyptian Government School of Medicine, in Cairo relates cancer to diet: *I believe that I am right in the consensus of opinion among medical men in Egypt, that cancer, more correctly speaking, carcinoma, is never found in either males or females amongst the black races of that country. These include the Berberines and Sudanese, who are all Mussulmans and live almost entirely on a vegetarian diet. Cancer is fairly common, however, amongst the Arabs and Copts, who form the bulk of the white population of the native Egyptians; and who, strangely enough, live and eat much like the Europeans. Europeans, like Americans, are noted for their high protein, processed food diet.*[28]

The real 'answer to cancer' is a low protein, low fat vegetarian diet of sprouts, greens, vegetables, seeds, nuts, grains, juices, and fruits.

Charles R. Shaw, M.D., University of Texas Cancer Center, recently found that sprouts can help protect us from cancer. In the experiment, they exposed healthy bacteria to a cancer causing substance in the presence of an extract made from wheat sprouts. The cancer was inhibited up to 99% using the sprout extract. Mung bean and lentil sprouts showed the same ability. Dr. Shaw believes the active ingredients in the extract is chlorophyll.[29]

On a low protein diet, muscle and fatty tissues are consumed by the body. The false body, built on junk food, is starved while the 'new' body is being built anew from within. It is not unusual for a body to consume one third of its own weight during the cleansing process before it begins to regain its shape on the same low protein food.

Most people are somewhat weakened by the cleansing regime. Unlimited bedrest ,when needed, is important while on 'nature's operating table'. Binging on processed foods and breaking natural health laws can be lethal. The short-lived stimulation they bring leave the person weaker than before, after the narcotic-like effects wear off. After detoxification, the body will rebuild itself anew on a low protein diet.

Study and use the other health aids mentioned in the transition section, especially enemas, implants and periodic colonic irrigations.

CANCER OF LYMPH GLAND IN NECK

M.K. of Aptos, California had cancer. This is her personal account of how she reversed the cancer and continues to improve her health:

I would like to go back first of all to 1978. In March, it was discovered that I had cancer and after a long stay and many tests in the hospital, they isolated the area. It was decided to give me radiology and cobalt treatments, I had 25 cobalt treatments on my neck and face. The areas treated were in my mouth going back to my tongue and on the left side of my neck, where there were two lymph glands that were very hard and very cancerous. In the beginning of July, three weeks after the cobalt treatments; radical surgery was performed, removing the lymph gland from the center front of my neck to around behind my ear and down. They removed muscle and nerves, leaving me numb and I perhaps will never have the feeling in the center of my chin, across my face, around my ear, down over my shoulder and around the collarbone up the center of my neck.

At the time I came down with cancer, it was difficult to get out of bed before 10 or 11 in the morning and by dinner time I was exhausted. When I sat down to read a paper around 7:00 in the evening, I would fall asleep and this was it for the night. At this time I was well over 200 pounds, my diet was terrible. I drank alot of coffee, cake and donuts. I was working 60 hours a week selling real-estate, eating alot of junk food such as Kentucky Fried Chicken and Gino's hamburgers. I never took time to make a decent meal and when I thought I was preparing a decent meal, it was lasagna or roast beef.

It wasn't until the middle of the cobalt treatments that I finally found that there might be an alternative but I didn't know enough at the time and was very frightened, so I went ahead by the treatment prescribed by the doctors. I have found that you can't depend on anyone's decision for you, whether you are a doctor, a parent, a son or daughter. Whether you choose to have surgery, chemotherapy, cobalt treatment or follow very strictly a nutritious diet to help your body heal itself, the decision must be yours.

I would like to share with you the improvements I have found in myself since being on a living food diet and using wheatgrass. Shortly before going to Hippocrates in February, 1979, I was taking 50 vitamins twice a day. These were prescribed by a nutritionist in

New Jersey, I feel they helped me tremendously but I was at a point where it was difficult to get the them down without gagging. So, when I read that wheatgrass has the 103 nutrients known to man and all the vitamins and minerals , I thought that was great. Regardless as to how the grass tasted to me, if you can drink an ounce and get all your vitamins, that was for me. And drinking the grass juice worked for me. I have seen definite improvements in myself in the last year , while dedicating myself to an 80% living food diet. I wish it was 100% but I am working on it. I don't take anymore vitamins, instead I take my wheatgrass juice, drink rejuvelac and eat 3 meals a day of raw living food. Additionally I eat soup or a baked potatoe for dinner, but eventually will get away from them. One of the most striking improvements I've seen is that I have more physical stamina. I wake up at 6 a.m. and am busy throughout the day until I go to sleep at 10 p.m.

My skin and hair are much improved also. I have joked of middle-aged adolesence and having acne in your 40's. Since being on a better diet my skin is clear and I am no longer wearing make-up. I just wash my face and use some vitamin E oil, it is such a pleasure. When I was receiving cobalt treatments, my hair had lost its luster and was very course, my hair is now soft and shiny. Also hair that was lost during the treatments have grown back, my fingernails are now in much better condition.

Mentally, I feel like I have cleared away alot of cobwebs. I have been taking different employment exams such as civil service and am doing very well. I seem to be able to read and digest more of what I've read and feel more awake and aware than ever before.

The most important thing that following a wheatgrass and living food diet has given to me is that I feel more in tune with my body and in more control of my mind and destiny than ever before. I no longer worry of getting cancer or any other severe disease, as I am in control now and able to determine more intelligently and intuitively what to put into my body and how to keep it in good balance. I have become my own doctor.

CHRONIC LYMPHOMA

A.S. is a retired mailman from San Fernando Valley, California, who has healed himself of Lymphoma using living food. In his own words: *I had led a pretty conventional life and when I was 30 years old, I became more interested in being healthier and followed a semi-health regime of a vegetarian diet with dairy products and alot of eggs. I followed this particular diet for 13 years until I was 43 years old. One time after vigorous exercises on a hike, I became weak and continued to become weaker for a period of three months. I was diagnosed as having lymphoma cancer stage 4, which is the last stage of cancer, and given a 20% chance of survival.*

During that period of two months, I experienced all the confusion of what type of treatment and I refused the conventional chemotherapy. I progressively got weaker, until I was very, very weak. The doctor told me if I didn't take chemo, I probably would not make it. I did not have the information available as to what else to do and being very confused, I did take seven chemo treatments. The medical doctor told me my cancer was in remission. Immediately after getting off of that, I began to look into other treatments.

Sometime later, I ran into Edie Mae's book, How I Conquered Cancer Naturally. *I read her book and it seemed to be a good direction for me. I called Hippocrates and talked to them about the program and I went on the program by myself. I went on raw foods and stopped all dairy products and eggs and immediately felt there was a difference. Just recently I went back to the doctor at the UCLA Medical Center after two and a half years. The biggest reaction, in my opinion, that I got from the doctor was that he said I was a very strange person and I asked him why and he told me,* you are strange because you are still alive. *I told him what I was doing and he looked very confused but finally said,* well, maybe that's it.

Before I first became ill with cancer, I was a very materialistic person and structured my life from the environment. From the point that I am at now, I can see I was not within myself; I did not have the focusing. I was idealistic, romantic and scattered my energy around me and since my illness, I have learned to center my energy and concentrate on within. I have developed my spiritual level and I have realized that my greatest gift I can give the world is to first center in myself and from that point of strength, to then go outward.

DEBILITATION AND CANCER

R.W., a housewife from Pennsylvania, keeps busy lecturing and helping others to better health. A few years earlier, she was unable to leave her bed. Here is her story:

Little did I realize as I celebrated New Year's Day with my husband and two children that 1960 was going to be a crucial year in my life.

The crisis occurred with staggering suddenness. The day after returning from an extended trip with my family to our nation's west coast, I awakened to the frightening sensation of being deaf in both ears. It seemed incredulous. Certainly it had to be temporary, I reasoned to myself. Within twenty-four hours some hearing returned to my left ear. That was encouraging. Hopefully, the right ear would respond quickly also. It never did. The diagnosis was Menieres Disease.

Almost as if part of a scenario depicting physical deterioration, one thing after another happened. Countless trips were made to the offices of medical doctors, and all too frequently I was confined for weeks in clinics and hospitals. Medical bills soared, stretching into the tens of thousands. Specialists were consulted. Three times I underwent surgery. Despite the pain and vertigo, the problems with my ears seemed less significant than the other illnesses that were developing.

As my body lost its vitality, digesting foods became a problem and my circulatory system lacked its former efficiency. Weight loss was significant. My hair became thin and my skin was dry and cracked, even bled. I seemed to have aged ten years in six months time. As physical stress increased, the emotional pressures began to mount. Fortunately, my great God, who has given to me such great resources through His Son Jesus Christ, provided more than adequate strength and wisdom to combat the emotional distress. A loving, patient and understanding husband, two children who cared, and numerous friends who prayed, visited, sent messages, offered to help, and unselfishly relieved me of many responsibilities; were God's way of buttressing me in order to handle the stress overload.

When medical science could not supply the answers I needed and physicians honestly indicated degrees of bewilderment, I knew that my body was in deep trouble. With what strength I could muster, I maintained as active a schedule as possible, even doing my

housework, although it was not up to my Pennsylvania Dutch standards of the past. As my physical condition worsened, I became more toxic. Allergies multiplied and my diet became more restricted. By 1976, I was so ill that I could hardly tolerate drinking water. At Zion Benton Hospital in Zion, Illinois; doctors tried over twenty different kinds of drinking water before they could find one that I could take with out vomiting.

Pain was ever present. At times, it seemed unbearable. Were it not for the presence and power of God in my life, I would not have been able to cope. The comforting words from the Bible, especially the spiritual counsel of my Lord and Savior Jesus Christ, sustained me. The wisdom of the Apostle Paul expressed in his second letter to the Corinthians made me realize that, although outwardly I was wasting away, inwardly I was being renewed day by day. The reminder came over and over that my momentary troubles were achieving for me an eternal glory that would outstrip by far the present inconveniences if I would keep my mind fixed on my God. What amazing strength He provided then and does now.

Hospital stays were frequent encounters. My weight was down to sixty-two pounds. Within three years I had cut my former weight in half. Then came the startling news- cancer! Perhaps I had suspected it. There was no panic. I knew that God was in control and He would try to fight this disease with natural therapy. It would not be easy to maintain a healthy balanced live foods diet but I was determined to try. Exercise would have to be restricted but not ignored.

I read everything I could find about natural therapy. So many books seemed out-of-date and some things were contradictory but I did not lose hope. Experimenting became a way of life. Many of my close friends could not understand why I did not rely upon chemotherapy. My body had already signaled its responses to many chemicals.

The contents of well over one hundred books were 'devoured' in a reading program that helped take my mind off some of the pain. Numerous magazines and pamphlets were scrutinized also. At my request, my husband took me to several clinics that were not on the American Medical Association's 'preferred list'. At these clinics, my knowledge of natural therapy grew. Some doubts were dispelled and certain areas of confusion were clarified. One thing became especially prominent in my research. As the intense burning and ringing sensations in my ears continued, accompanied by bodily aches and

pains, I was grateful for the help that the good nutrition and exercise afforded me. The 'live food' diet was very beneficial. Moreover, I enjoyed the raw foods better than those that were cooked. Most everything that I ate had to be juiced.

Things got worse before they started to get better. When my body was at its weakest point, I became practically a prisoner in my own home. Allergic to so many things, I was attempting to survive in a bare room without carpeting or curtains. Forced-air gas heat became an enemy and had to be shut off. I could not tolerate newsprint, therefore reading books or magazines was almost impossible. To break the dreary monotony, I would sometimes extend my arms out the window and attempt to read a book through the window pane. The chill index in Chicago during the winter months made this a short-lived luxury, as you can well imagine.

When my friends came to visit me they had to wear natural fiber clothing (cotton or wool) and not be wearing perfume or hairspray. Obviously, not too many could or would pay 'the price' so my visitors became fewer in number at this time. Because of breathing difficulties, the use of supplemental oxygen was necessary. How grateful I was for my husband's deep love and patience throughout this particularly dark period of my life.

During one of 'reading through the window episodes' I was introduced to the book, How I Conquered Cancer Naturally *by Eydie Mae with Chris Loeffler. She presented wheatgrass therapy and wrote about Dr. Ann Wigmore and her Hippocrates Health Institute in Boston. I decided to try the wheatgrass therapy. A neighbor became 'an angel of mercy' and started growing the wheatgrass for me. I could not tolerate taking the wheatgrass juice by mouth, so I used rectal implants. After three weeks employment of this therapy, an amazing thing happened. Within a two-hour span of time, I passed several quarts of heavy mucous, mostly orally. My body felt very weak and tired. I slept without interruption for nearly fourteen hours. Little did I know at this time that this crisis was the turning point to better health.*

The road to recovery, at least the distance that I have covered thus far, has been slow and demanding. It has required much discipline and considerable help from Dr. Wigmore and those who assist her at the Institute.

Exercise has played an important role in my recovery. I either walk briskly or jog about three miles daily and jump rope several

times during the day. Combined with excellent nutrition and a positive mental attitude, the added spiritual strength that God has given to me has produced what I consider the 'miracle' of a new experience of life. My body, almost dead in bodily functions and appearance, is now very much alive. God has given to me new dimensions in living for Him and for others. My research continues. Quite frequently I lecture to appreciative audiences on the merits of the 'big three' for better health: nutrition, exercise, and attitude. Excitement usually mounts when I display trays of wheatgrass and other greens to those attending the lectures.

I am extremely grateful, and often thank God in prayer, that the nutritional way of life was introduced to me. It was a special day in my life when I met Dr. Ann Wigmore, a person who unselfishly gives of herself to others for the cause of good health. She has set a good example. Those of us who have been helped immeasurably by her, realize that we cannot fill her shoes but we can follow in her footsteps.

BREAST CANCER

L.W. was given two to six months to live over four years ago. This is the personal account of L.W.'s recovery and the treatments responsible for her survival, in spite of a terminal prognosis:

It all started when I discovered a very tiny lump in my breast and immediately went to a gynecologist, who dismissed it by saying she 'couldn't find any lump'. Since I had considerable confidence in her, I 'forgot' about it. Meanwhile, severe fatigue and a general 'blah' feeling set in. Four months later I returned to the same doctor and reminded her about the lump. This time she found it. A mammography was done immediately and it was diagnosed as a cyst. At this point chest pains occurred, also my arm ached so much that I could hardly move it. I went to another doctor who diagnosed cancer. After another opinion at Sloan Kettering, they confirmed malignancy, I submitted to surgery and a radical mastectomy was performed. Four months later, the doctor told me I was 'cured'. Eight months after this, a lump appeared in my other breast. A second radical mastectomy was performed with bilateral node metastasis. This time the prognosis was devastating- 2 to 6 months. Desperately I submitted to conventional drug chemotherapy with 68 interspersed cobalt treatments and three minor surgeries in between.

Needless to say, I was physically drained and was forced to retire from a very active life.

Up to this point, I was totally unaware of the importance, the absolute necessity of proper nutrition in my treatment and was under the impression that my diet was good. A friend directed me to a nutritionally oriented doctor on Long Island and for the first time, I was introduced to the no-no's of food. My large consumption of desserts and sweets came to an abrupt halt along with other foods such as animal products, processed foods, coffee, tea, etc. In addition, I consumed several prescribed vitamins along with laetrile treatments. Then I had Hyperthermia (heating the body to high temperatures to kill cancer cells). There was a definite improvement and I became much encouraged.

About this time I heard about the Hippocrates Health Institute in Boston, Mass., under the direction of Dr. Ann Wigmore. I went to the 'Mansion' for a two-week stay and participated in a 'Learn-by-Doing' program, which was very enlightening and very rewarding. I have never had so much energy in my life. *A typical day would include exercises before breakfast or a walk in the park, lectures, making rejuvelac (a drink made from wheatberries soaked in water), planting and caring for sprouts and wheatgrass, also juicing wheatgrass for a greendrink. The cleansing diet consisted of rejuvelac, sprouts, fruits, vegetables, fermented foods and wheatgrass juice. This 'living food' diet had a remarkable effect on me. I felt reinvigorated! Exhilerated! I became so alert and energetic in such an astonishingly short time. Ann Wigmore emphasizes the importance of raw food diet* ONLY *as cooked food, which is dead and unsuitable for nourishment, enables tumors to build and survive. I was further impressed by the efficacy and value of the living foods therapy, when I noticed other guests feeling better also. These people had maladies such as arthritis, cancer, M.S., constipation, ulcers, leukemia, Parkinson's disease, asthma, diabetes, etc. They comprised an interesting group of people from all over the country, plus Canada and Switzerland, who shared one common goal, to get well and STAY well.*

Upon my arrival home, I purchased several cafeteria trays from a restaurant supply house for the wheatgrass, sunflower and buckwheat greens. Organic soil was required for the indoor garden. Other sprouts such as alfalfa, lentil and mung beans are grown in

jars. I also purchased a special wheatgrass juicer. Special shelves were built for the numerous trays. Daily care is necessary. It required work and dedication, but here I am four years later leading a normal life and happy to pass the information on to others.

CANCER THROUGHOUT THE BODY

E.M., from Ohio, developed cancer in 1967. She tells you the rest of the story in her own words, *In 1968, I survived a radical mastectomy cobalt burn, but three years later the cancer spread, leaving my right eye blind. After drugs, surgery and more drugs, the condition was hopeless. One lung was covered with cancer and the pain was pressing and crushing my heart. Eating was impossible and I was forced to live on juices. For nine months, I was bedridden while I washed much of the cancer from my body. Foolishly, I moved into eating and within a year the cancer had spread everywhere. I was paralyzed by an 8 by 10 inch tumor on my spine. I took chemotherapy, which poisoned me and weakened me further.*

In September 1973, a 13 inch spinal laminectomy removed the tumor but with the disease in the glands, lungs, etc. and fifteen more cobalt burns, I was considered hopeless again. The surgeon never even billed me, so sure was he of my demise.

In a steel brace, I came from the hospital, no money, no strength, no hope. I turned my despair confidently over to God and neither worried or despaired. He filled me with the Holy Spirit and soon I found wheatgrass to chew. I told God I wanted to go to Boston and shortly thereafter a wealthy lady came forward to offer me a trip. Against solid family opposition and attempts at tyranny, I kept chewing wheatgrass and developed the energy to reach Hippocrates Health Institute on December 29, 1973. My husband refused to go to the airport with me, so sure was he that my trip was nonsense. But the Holy Spirit has His divine way of accomplishment and ill, weak, bald, half blind, and crippled, I arrived in Boston.

On the living food diet, I began to heal myself immediately. I could use my fingers again, thick hair grew on my scalp and suture tumors on my face and head shrunk. My nostrils opened and I could breathe again. Meanwhile, at home my husband has become devout, so the long winter and illness has been well used by God. It is my solid belief that God wants news of this great healing diet to spread and He has chosen me to help Him in this matter

CANCER OF THE CERVIX

Here is the story of V.G., of Washington, in her own words,

I found on October 1978, by the use of pap smears and other tests that I had cancer of the cervix. My physician and others suggested (insisted in fact) that I have surgery. Having been interested in raw foods and herbs for quite some time, I knew there were other alternatives. I refused surgery.

Finally, after about 7 months of searching, I came to know of Hazel Richards of Bothell, Washington. She studied at Hippocrates Health Institute and was familiar with wheatgrass and raw food. I spoke to her on the phone and she invited me to stay with her. I arrived on June 19, 1979 and began the Hippocrates program. I learned about raw foods, growing sprouts and wheatgrass, taking implants, enemas and douches. After a week and a half of this I went to have another pap smear. On the 4th of July, the results were back, I had no cancer.

It is a pleasure to share this information with others and I only hope they can and do benefit from it.

FIBROID TUMOR

C.T. is a college professor in New Jersey, she tells of her recovery from a large tumor in her own words:

I had a fibroid tumor in my uterus that was extremely large (equivelent to a woman 8 months pregnant). On the raw food diet and wheatgrass, it has been reduced 70% in twelve months.

As advisor to the health club at the college, I am promoting growth of wheatgrass and sprouts and trying to get more raw food into the school cafeteria. Since this testimonial, C.T. has visited the 'Mansion' and has completely recovered.

HODGKINS DISEASE

C.R. of Paavilo, Hawaii tells you of her victory over Hodgkins Disease. *My disease was first diagnosed in April 1977, a biopsy of the neck was done. Further tests were done with an operation to check the spleen and liver. The results were positive, I had cancer. My spleen was removed in May 1977. The radiation treatment started in May also. Lead block shields were put on my lungs and*

female organs for x-ray treatment, black marks were put on my body areas so the shield could be placed on the same spots when doing further treatments.

I went into remission for one year while blood tests were taken periodically. A lump appeared on my back and another biopsy was taken. The same condition had returned. In September of 1978, a friend in California advised reading Eydie Mae's book. I learned of the Hippocrates Health Institute and continued treatment as an outpatient. I had more treatment, which was done with pills and intravenous. I began with chemotherapy in July 1978. My red blood count was very low and I was very weak. When I quit chemotherapy, my body weight was 118 pounds. I lost hair first in the back of my head due to radiation. I had limited energy and lost that after chemothearapy. I prayed about the situation and was guided to come to Boston. The doctor warned me not to delay treatments. I reasoned that the cancer may get worse but preferred to have one year free of suffering before death.

I arrived at Hippocrates in September 1978 for a two-week stay. The first week I was very tired. The second week I felt better. I continued on a 100% raw food diet for four months. I used wheatgrass implants daily for three months, then once a week after that. I ate three good meals a day and took a colonic once a month.

C.R. is once again a beautiful woman. Her full head of hair has returned and she is an example of vitality. She revisited the 'Mansion' in August 1979, a picture of health and beauty.

2 DIABETES (Sugar)

The sweet life of a 'sugar diabetic' can be very painful. Almost two-thirds of all food consumed is turned into sugar by the body. In 1850, the average American consumed 10 pounds of sugar annually. Today the same American consumes over 100 pounds per year.[30] The excessive use of processed carbohydrates, fats, sugar and starch, is directly related to the dramatic rise in the incidence of diabetes in this country.[3]

Over 5 million Americans suffer from diabetes and forty percent of all diabetics are overweight.[32]

Dr. A.M. Cohen and Associates report in *Sugars in Nutrition*, that rats with a genetic predisposition to diabetes will develop the

disease when exposed to high sugar diets and that they can be prevented from contracting it with a sugar-free diet. Dr. Mayer noted in an article in the Los Angeles Times in October 1975, that several epidemiological studies indicate a connection between high sugar use and diabetes. For example, Yemenite Jewish immigrants to Israel had a low incidence of diabetes until they had consumed a Westernized diet, high in sugar for several years.[33]

In the Boston Globe, November 22, 1973, Dr. Douglas Coleman, Senior Staff Scientist at Jackson Mammalian Genetics Research Institute, Bar Harbor, Maine said, *Overeating could be the most important factor in individuals with hereditary predisposition to diabetes. The second possible cause is high blood sugar, causing abnormal insulin secretion that in turn increases the appetite.*

The sure sign of diabetes is high levels of sugar in the blood and sugar in the urine. Some symptoms of sugar diabetes are: insatiable thirst and appetite, rapid loss of body weight and rapid loss of body water.

The latest research shows that the high fat, high protein, high sugar and processed food diet of civilized nations is responsible for diabetes.

For years, medical science believed that the pancreas's failure to produce sufficient insulin was the cause of diabetes, and that there was no 'cure' for the diabetic. The supplementary use of insulin was recommended to help metabolize the excess blood sugar, while the diabetic slowly died of the side effects of insulin injections. Heart disease, kidney failure, blindness, deafness and gangrene of the limbs are inevitable.

Current research shows that diabetics produce as much insulin in their pancreas as non-diabetics. In fact, ninety percent of them, produce more insulin than do normal people. Why doesn't the insulin in the diabetic do its job? Insulin controls the rate of transfer of glucose (sugar) into the body's cells. In the diabetic, the insulin becomes insensitized. It protects the sugar with a fat layer, which becomes a barrier between the sugar and the insulin. When the level of fat in the blood is high, the sugar cannot be burned up for fuel, by the insulin, and it is spilled out into the urine via the kidneys.

The most successful treatment known for diabetics is simply to lower blood fat levels. This treatment has been used for over 3,000 years, since the days of ancient Egypt, with great success.

In the Senate Sub-Committee publication on diet, Drs. William E. and Sonja J. Connors report on diabetes and diet: *The Connors also report that the high complex carbohydrate diet is important in the treatment of diabetes because it reduces the threat of atherosclerosis and hyperlipidemia, which are common to diabetics; by lowering cholesterol and saturated fat levels. The Connors note that some diabetics find a high carbohydrate diet also results in improved glucose tolerance; in others, insulin requirements have been stabilized.*[34]

Many tribal areas world wide have little or no incidence of sugar diabetes. The Paupau people of New Guinea are typical of the primitive population groups studied to date. The tribal diet is almost entirely one of sweet potatoes and its leaves. An analysis of their diet by Luyken and Associates showed that it contained 94% complex carbohydrates, 3% protein and 3% fats. A group of 777 adults were tested and not a single case of diabetes was found.[35] The Bantu natives of Africa also have no diabetes. Yet in a study of Bantu prisoners, who were fed on a diet similar to ours, it was found that blood-sugar and blood-fats response quickly shifted in the directions of a diabetic.[36]

These two studies clearly indicate the relation of diet to diabetes. They also undermine any consideration of genetic origins of the disease.

In the light of what is now known, the low fat diet is the proper means by which to prevent and control diabetes in most cases. The diabetic gradually reduces the use of insulin by an average of 5 units every few days as the strengthened body depends less on modalities for proper functioning. Too rapid detoxification can produce insulin shock.

3 HEART DISEASE

Heart Disease kills more Americans than all other diseases combined. Nearly one person dies each minute of heart disease. One hundred thousand middle-aged men die of heart disease each year.[37] A majority of the readers of this book already have some degree of atherosclerosis (a form of heart disease) or disease patches called 'plaques', developing within our arteries. Autopsies performed on

American soldiers in Korea during World War II showed that 75% had atherosclerosis.[38]

The cause of heart disease is no longer a mystery. Yet, why do so many continue to die in their prime of heart failure? The high level of fats in the American diet and abnormal physical, mental and emotional stress levels are directly attributed to excessive levels of cholesterol in the blood and therefore, to heart disease.

High levels of fat, saturated fat and cholesterol most often often enter our diets in the process of acquisition of protein, particularly through red meat; however, the use of all fats both saturated and unsaturated is suspected.

A twelve year study of patients in two hospitals in Finland started in 1958, reinforces this view. During the first six years, the patients in the trial hospital were fed an experimental diet which involved an overall reduction in fats and a reduction of the proportion of saturated fat. For the same time period, the patients in the control hospital were given a normal diet. During the next six years, the two diets were continued, but the two hospitals reversed their experimental roles. In both hospitals the coronary heart disease (CHD) mortality rate was dramatically reduced on the low fat diet. The overall CHD incidence rate per 1,000 man-years for the experimental diet was 14.4 as opposed to a 33.0 rate experienced by those eating the normal or control diet.[39]

Drs. McGill and Mott report in *Present Knowledge In Nutrition*: *the average American ingests 600 mg. of cholesterol per day, well above the 400 mg. limit; below which there is a linear relationship with serum cholesterol. As in the controlled experiments, comparisons among populations with wide ranges of average cholesterol intake show a close relationship between dietary cholesterol and serum cholesterol concentrations. It is now widely accepted that a high dietary cholesterol intake is a major determinant of the high cholesterol concentrations found in the United States population as well as in other technically developed countries.* Clearly high blood serum cholesterol levels indicate a greater risk of all types of heart disease.

WHAT IS CHOLESTEROL?

Blood circulates in your body to every living cell. The blood current moves under high pressure with great speed. A frictionless substance protects the arteries from being washed away by the strong blood current. A major ingredient of the arterial lubrication is cholesterol. Some degree of cholesterol is necessary for proper health, the exact amount is unknown.

Cholesterol is manufactured in the liver. It is built by the liver cells from simple fats. The cholesterol cruises the bloodstream to be used by the cells living in the arterial walls. As these cells wear out, they are cast off. The cells, still coated with cholesterol, are excreted by the body. New cells then grow, absorbing fresh cholesterol from the blood. In good health, a continuous in and out flow is maintained.

The aging or abused body is in a diseased state. The arteries of a weakened or deficient body become weak and malfunction. The body is breaking down arterial cells faster than the new growth can be replaced. This leaves too much cholesterol in the blood. High blood serum cholesterol levels indicate weakened arteries and a greater risk of heart problems. Atherosclerosis, fatty deposits on the arterial walls, impeding proper blood flow; coronary thrombosis, blood clotting in the arteries, blocking blood supply to the heart and aneurism, a ruptured tumor in the arterial wall indicate high blood serum cholesterol levels.

Animal fats and/or natural fats which have been altered by overheating, increase blood cholesterol levels. Fats used in their natural state, unheated and untreated, are used and excesses are stored for future use by the body. The body calls on these reserves when under stress of any kind. Drs. McGill and Mott report in *Present Knowledge In Nutrition: Most population groups with a low incidence of coronary heart disease consume from 65% to 85% of their total energy in the form of carbohydrate derived from whole grains (cereals) and tubers (potatoes).* The Life Force program of diet, exercise and stress reduction has a regenerating effect upon the blood and flesh of the body. Accumulations from past abuses are removed and the risk of chronic disease is reduced. The Senate Sub—Committee on Nutrition and Human Needs Report is clear: *The use of high carbohydrate diets by civilized man has an historical basis, is economically sound and shows clear indications of causing*

less, rather than more, disease, especially in the coronary heart disease hyperlipidemia area.

Exercise is also important for any people suffering from a chronic illness. However, we caution: over-strenuous physical effort can be disasterous for those with a suspected heart problem. A safe, moderate and effective exercise program is essential for rebuilding a healthy heart. As the heart improves, the arteries become more elastic and the accumulated cholesterol dissolves into the blood. The excess is eliminated by the body and a new healthy in and out flow of cholesterol is established.

4 HYPERTENSION

Millions of Americans today are plagued by high blood pressure and hypertension. Drs. Mencely and Battarbee in *Present Knowledge In Nutrition*, estimate that 20% of the U.S. population is susceptible to hypertension and up to 40% of older people.

The symptoms of high blood pressure are thumping heart beat in the ears, headaches or migrane, an extremely red face and neck and possible hemorrhages in the eyes. High blood pressure puts a great strain on the heart. Are any of these symptoms yours? What is the cause of hypertension?

U.S. Government studys show that dietary and stress related factors are the major cause. A high intake of common table salt (sodium chloride) is directly related to hypertension. Drs. Mencely and Batterbee, *Present Knowledge In Nutrition*, tell us that: *Millions of children and youths are moving toward hypertension. Excess dietary sodium is clearly an adverse factor in some, if not in most, people prone to hypertension. The evidence indicates that a systematic effort to reduce dietary sodium chloride intake and increase dietary potassium intake would result in the amelioration of much suffering among those who are prone and would increase both duration and quality of life for many millions of people.*

The same doctors also found a connection between excessive salt use and heart disease. The use of salt causes retention of fluids in the body. The increased bodily fluid causes blood pressure to rise. Reasearch by Dr. John Brainand, *Minnesota Medicine, April, 1976*, states the connection between sodium products and migraine. Salted snack foods were cited as the major cause.

Several health insurance companies will not insure people who salt their food before they taste it. Table salt is an acquired taste, it is not a physiological necessity. The taste buds are over stimulated by its use, encouraging more salt intake. An over-stressed body and high sodium intake can bring an early death.

While salt, stress, smoking and alcohol increase blood pressure and hypertension; current research points to a high fat, high cholesterol diet as the major cause.

Blood pressure increases, due to blockage of the many tiny vessels, arteries and major arteries of the body. A few hours after a high fat meal, millions of blood cells stick together, blocking the flow of blood through the many tiny blood vessels. To get blood through the closures created by the fatty cells, the body must increase the blood pressure. The increased pressure creates constant stress on weakened arterial walls with each beat of the heart.

By lowering blood fat and reducing cholesterol intake, the vessels and arteries dissolve their blockages into the blood. The Life Force program's low fat, low protein, no salt dietary recommendations aid the body in reducing blood pressure to normal levels within a few days.

5 HYPOGLYCEMIA

Hypoglycemia is a disease of too little blood sugar. Sugar supplys energy to the whole body. A lack of energy producing sugar can weaken every organ. Millions of Americans suffer from low blood sugar. Various authorities have estimated that anywhere from 10 to 100 million Americans are affected by hypoglycemia.[40] Each day they grab for candy bars and soft drinks for 'energy'. This energy is false and shortlived, always followed by an even deeper low.

Hypoglycemia causes a constant feeling of insatiable hunger. The hunger often remains on a full stomach. Chronic fatigue , uncontrollable yawning, emotional upset without reason, poor digestion from constant eating, craving sweets and confused thinking are a few of the symptoms of hypoglycemia.

In the body of a hypoglycemic, the Islets of Langerhans (insulin secreting glands) are over-sensitized due to stimulating foods, sugar, mental, emotional and physical stress. The islets over-secrete insulin, causing the liver to convert too much sugar into glycogen. This leaves too little sugar in the blood for energy purposes. In a

healthy body, the liver, stimulated by insulin, stores glucose as glycogen, keeping the blood sugar at a balanced level.

The adrenal glands regulate the blood sugar level of the body. They may become slowly weakened by the effort to keep blood sugar up to a proper level and symptoms of hypoglycemia result. The often suggested high protein diet creates further glandular stimulation and indirectly contributes to a more severe case of hypoglycemia. It becomes a vicious and depressing circle with no hope for escape.

If you suffer from any of the above mentioned symptoms, keep a record of their frequency and the quantity of the foods that seem to relieve the exhaustion quickly. If you feel you have hypoglycemia, removal of all stimulating, fatty, processed and sugar rich foods from the diet, is the first step.

Adopt a low fat, low protein, high carbohydrate and predigested living foods diet. Use green drinks or light meals, when experiencing periodic lows in energy. Follow the food combining, recipe and juicing instructions in Part 2. This regime will help the body normalize blood sugar levels, reducing the severity of symptoms.

HYPOGLYCEMIA AND EPILEPSY

L.H., a 48 year old housewife had epilepsy and hypoglycemia. Here is her story. *April 1977 was my first encounter with epilepsy. I was diagnosed and hospitalized for a week with all forms of brain tests. I was put on a drug called, dilantin, three times a day.*

When the first grandmal seizure occurred, I had just come off a liquid protein diet for weight loss. I found out later that I had low blood sugar and was under severe emotional stress due to problems at home. On the way to see a psychiatrist, I had a flat tire and missed my appointment. I waited three hours under stress for a garageman and was about to drive off when a seizure struck and I was hospitalized again.

After three months, I stopped taking dilantin and saw a psychiatrist, a neurologist, and a naturopath. The naturopath put me on a megavitamin therapy, but it didn't help. Two years later, I decided to come to Boston to Hippocrates. Before leaving, I was diagnosed as hypoglycemic. I had strange feelings of forgetfulness and at times thought I was losing my mind, I could not function as a wife or hold

any job. I was broken and weak and began to fear life more than death. I was guided to Hippocrates and arrived there in May 1979. After two weeks stay, I was able to work again. I followed the diet faithfully. Six months later, I went to my family doctor and had an EEG taken to be able to resume driving a car. The test report was normal. My epilepsy is gone and I am driving again.

HYPOGLYCEMIA

I came to Hippocrates Health Institute in a state not far from being a 'basket case'. I was in complete physical disarray, with an acute case of hypoglycemia, malnutrition, constipation, bleeding from the rectum, a lump over my right upper gum, severe skin disorder, swollen throat glands, and so the list goes on.

Since going into shock with low blood sugar last July, I had explored many channels for answers to my urgent health needs , particularly in the nutritional area. I knew a short time after arriving at the Institute that I was in the right place. I was thrilled, the food was wonderful and metabolizing with my body, the staff and guests seemed to be of the finest calibre, I decided to stay.

In a matter of five or six days, the hard lump over my gum had disappeared, constipation and rectal problems had cleared up, my throat was feeling and looking much better, the food was metabolizing, I knew I was on the right track.

In the short time that I have been at the Institute (about three weeks), I have learned more, felt healthier and had a chance to get 'back to Nature' more than can be imagined. Hypoglycemia, sure it is real- it can be fatal- and almost was for me on three occasions, since July. But as bad as this condition is, there is no question in my mind that hypoglycemia is only symptomatic of a more serious condition related to nutrition and related to the natural order of things. I believe all sickness with which I am familiar is related to a common cause, being out of step with Nature and disregarding the truths of the body. As I see it, the body cannot function well when it is taking in unnatural and dead substances and I think I learned this the hard way.

D.W., New York

SYSTEMIC LUPUS ERYTHEMATOSIS

No disease is so rare or complex that it will not respond to the force of natural healing. Even an illness as baffling as Systemic Lupus Erythematosis, which has so many diverse symptoms, will abate as the body rebuilds itself with living food. Systemic lupus erythematosis is thought to be an auto— immune disease in the same group of illnesses generally known as collagen diseases, including rheumatoid arthritis and scleroderma. It can effect any of the vital organs such as the kidneys, lungs, heart, and the central nervous system causing tissue damage. A person who has lupus may experience great fatigue, pain, skin lesions and extreme sun sensitivity. Many lupus sufferers have regained their health following the living food diet.

Here follows the story of D.G. of Massachusetts, in her own words, *While still in high school, I became very ill with systemic lupus erythematosis, although the illness was not correctly diagnosed until six years later. I had been to numerous specialists and hospitals, but the symtomatic treatment offered no relief. After nine years of illness, I turned to other therapies. Eventually, I tried vitamins, but the real breakthrough was in reading Eydie Mae Hunsberger's* How I Conquered Cancer Naturally. *While I was very ill at the time, I made the transition to a totally raw food diet, and resolved to go to the Hippocrates Health Institute in Boston. Within two weeks, my arthritis symptoms vanished and I felt less fatiqued. Within a month, I had no more pain and was able to bask in the sunlight for the first time in many years. In the past year, remaining on the diet, I have experienced a state of well-being and energy I never thought possible again.*

6 OBESITY

Scientists and doctors agree that being overweight, greatly increases the risk of many serious health problems.

Obesity is considered a risk factor in: cardiovascular disease, hypertension (high blood pressure), atherosclerosis, hernia, gallbladder disease, diabetes mellitus, and liver disease. Testifying before the Select Committee in July 1976, Dr. Cooper said: *Obesity aggravates cardiovascular disease and osteoarthritis and increases the liability to hypertension, atherosclerosis, hernia, and gallbladder*

disease. It also may facilitate the emergence of latent diabetes in predisposed individuals as they approach an advanced age and adds to the hazards of surgery; it makes postural derangement, and in extreme cases, it is the cause of obesity dyspnea with pulmonary insufficiency. It is also of interest that the mortality from cirrhosis of the liver in obese males is 249% of that expected in the non-obese.[41]

Latest medical findings make it quite clear that the obese do not live as long as the lean. The chief cause of death among overweight individuals are cardiovascular-renal diseases, diabetes, and disorders of the liver and biliary tract (gallbladder).

The waistline of America is second to none. At least 79 million Americans are significantly overweight.[42] Obesity is increasing despite the thousands of advertised 'weight loss' plans. Have the various reducing plans brought you permanent weight loss? Dr. Norman D. Gross, in testimony before a Senate Sub-Committee on antitrust and monopoly, said that it is my medical opinion *that the obese person of our nation is in far greater danger from improper weight-control methods and the use of potent combination drugs than from the inherent dangers of being overweight.*

Despite the medical profession's advice, some 90 million is spent on non-prescription 'diet aids' and another 54 million is spent on prescription drugs used for appetite suppressants. Beyond the 'pills and programs' there are some 2,000 physicians in America who specialize in obesity and 5,000 others who maintain a limited general practice but concentrate on obesity.[43]

When the cause of being overweight is understood, the problem will correct itself. Many doctors subscribe to the dietary theory of obesity. Others believe the mind and emotions are responsibile for the problem. In both cases, they are correct.

Obesity is excessive adipose tissue resulting from incompatible combinations of food and excessive eating of fats, starches and sugars.[44] It may also be due to glandular disturbance. Millions of people in America today, live only to eat.

Do you live to eat? If you answered yes, you have come to a major decision in your life: Do I want to continue eating to die a violent death at an early age, or do I choose to change my life today and eat to live happily and healthfully hereafter? But what about the pleasure I derive from eating alot of 'good food', am I to forfeit that?

Human beings, whether eating simply or gourmet style, derive

pleasure from eating. If given a good start, your taste buds will change to accept new tastes eagerly. Reprogramming of the taste buds takes place in a few short weeks. Follow one important health rule and even the most simple foods taste great to you: *only eat when hungry.* To achieve optimum benefits from the Life Force program, develop a keen desire to improve your appearance and health. Succeed at reducing one day at a time. This attitude will give you the will power to carry on the next day.

Are you hungry for love? An extreme unloved or unwanted feeling can lead to an overweight problem. The unloved person often substitutes food for love. The overeating only makes conditions worse. It becomes an endless cycle which brings much suffering to the individual. Learn to love yourself more and more each day, as the 'new you' takes on a 'new look'.

Negative emotional expression can directly effect the functioning of the body's glandular system. This makes it hard for some people to lose weight permanently. We have seen overweight people on five day juice fasts, who didn't lose a pound. Others open to the new ideas and changes necessary for better health, have lost up to 15 pounds in one week. When you are ready to shed conventional ideas about things and replace them with understanding you will be ready to lose unwanted pounds forever.

A healthy, natural, living food diet, a sensible exercise program and cultivation of a loving and positive mental attitude can help beat even the most stubborn overweight problem. It is the most sure, natural and pleasurable way of reducing known. Its greatest advantage over so-called 'weight loss' programs is that it works!

7 AGING

One of the reasons why you are reading this book is a desire to live longer. The survival instinct is programmed into body/minds of all living creatures. The human body/mind is the most complex of all organisms on the Earth. Much is still unknown about its powers, abilities, and functions.

How and why does the most complex species on Earth (humans) die long before a lowly turtle? How can one explain the certified proven life-span of 150 year old men in our present age? If one man can surpass 150 years, can others do the same? What are the secrets?

The late Alexis Carrel, M.D., winner of the Nobel Prize in 1912,

recognized that the cells' efficency in providing nutrition and eliminating waste was what determined the aging of tissue. He extended the life of a bit of chicken heart by bathing it in a nutritive fluid that also removed the waste. So successful was he that the bit of chicken heart was kept alive from 1913 to 1947. After 34 years, it was thrown down the sink, by accident, where it died. Dr. Carrel proved that length of life depends largely on eliminating waste and adding nutrition to the cells. He proved that if we could regularly remove all waste from our body cells and apply adequate nutrition, we might easily reach great length of life. If the body fluid that bathes our cells (the blood) is overloaded with waste, life is shortened. It is that simple, a pure bloodstream is the great key to long life and health.

The Bible describes a time (the time of Noah) when man lived 900 years on Earth. Men are said to have existed simply and without fire, according to the Bible. After the great flood, flesh and alcohol were used abundantly. Eight generations after the flood, Nahor, descendent of Noah, lives to only 140 years of age. A stimulating diet may be entirely responsible for our dying of old age before 'our time'.

A careful study of longevity reveals some interesting facts. In almost all cases, the lives of centenarians are lived close to nature. With less than 4% of Americans working the land, it is no wonder our life-span is decreasing. Another key to their vigorous and long lives is moderation. With overeating, drug and sex abuse as national habits, great longevity is seldom to be found here anymore.

In our modern civilization, orchestra conductors as a group enjoy long healthy lives, while rock musicians as a group die at an early age. According to a survey by the Committee for Extended Life-Span, a high proportion of centenarians are devout believers, leading a spiritual life and accepting all experiences as God's Will.[45]

Modern man is presently not able to return to the simple life of days gone by, when men ate the 'fruits of the vine and every tree bearing its own seed' and used no fire. However, in our minds we can see a time ahead when peace rules the planet and fruit trees outnumber guns and bombs.

In today's civilization, certain groups enjoy long lives while others die young. As we pointed out already, orchestra conductors enjoy long healthy lives while rock musicians often die at an early age. Doctors and other professionals, are also ranked well below the national average in life-span.

The long searched for Fountain of Youth still escapes those who look for it most. At 50 years of age, Ann Wigmore was in sad physical shape. She was ready for the scrap heap. At that age, when most people think about retiring, she decided to change her lifestyle. She studied nature to find out how she could regain her youth.

Twenty years later, the results of her search are incredible. See photos on book cover. She now enjoys a consistant state of excellent physical and mental health. Her hair, grey at 50, is its natural brown color again. Her weight is a stable 119 pounds; as she weighed at 15 years of age. She is always busy writing and directing the Hippocrates Health Institute in Boston. She continues to travel and lecture the world over. She lives and works in India six months a year. She feels she is able to accomplish more mental and manual work now, than when she was 20 years of age, and she has not yet 'reached her peak'. She says she is only beginning to understand the value of nature for health and long life.

HOW LONG MUST WE WAIT FOR 'PROOF'?

In this book we offer many case studies. As you have seen, our work in health is being slowly proven by the scientific and medical communities. Scientific testing of foods is very complex. In many cases, the foods are destroyed during the tests. Science does not have an effective method of testing the energy factor of living foods. This may take them many years to perfect, and only if they choose to work in that direction.

We feel that Americans cannot afford to wait for science to prove all of this timely information true. Many of the nation's leading political, religious, and business figures are adopting natural food diets and exercise programs. The health of the entire world is at stake. How can we ever achieve world peace if its peoples are growing more sick with each day? When individuals follow nature's way, all is lawful for them, for they do as they would be done by. We can reverse the trend towards global degeneration by refusing to inflict our bodies and minds with poisonous foods and maliced thoughts.

It is very clear that diet and disease are closely linked. Medical science and the U.S. Government has created this list of 'Watch Out Fors': tobacco, coffee, tea, white sugar, processed refined white flour products, chocolate and candies, soft drinks, salt, excessive

fats, and chemical additives. These dietary items have been related to America's top six degenerative diseases.

Modern man's idea of 'good food' often falls short of the body's much needed nutrition. Little or no nutrition is to be found on the dry goods shelves of the supermarkets. The body's nourishment can only be supplied through 'living foods'. Living food contain the protein, minerals, vitamins, calories, bulk, and liquid in a stable state, readily available for use by the body.

Chapter 2

WHAT TO DO ABOUT THE PROBLEM TAKING RESPONSIBILITY- HEALING YOURSELF AND OTHERS

The first major change in your life for building health is the acceptance of yourself as your own best nutritionist, doctor, and psychologist. The greatest of all forms of healing is self-administered. Great knowledge of life is gained through experiencing the wonders of nature's healing process. This does not mean to neglect serious symptoms and pains and shun the doctor's office, for doctors are professionals who care about you and your health. Their strength lies in the ability to perceive symptoms and act quickly in emergencies. A doctor who will supervise and support the change in lifestyle you wish to make, is valuable indeed.

Your strength as an individual lies in knowing what is good for you and how you can accomplish that goal. From nature you have come and back to nature you will go. You have been equipped with an intuitive knowledge of your nutritional and health needs. However, many people have 'covered-up' their intuitive sense altogether. Uncovering your intuition is the first step to a long healthy life.

NATURE'S LAWS

The constant neglect for bodily needs and the abuse of food, sex, alcohol, and other drugs has created a huge medical establishment. In short order, 'nature makes us pay' for disobeyance of her laws in the form of symptoms or so called 'disease'. We observe the animals in the wild following these rules closely:

1. Regular habits in eating, sleeping, playing, stretching, relaxing, hunting and gathering.
2. Moderation in eating, exercise, sex, and sleep
3. Playful, harmonious attitude, capable of great feats of mental concentration and memory and a strong intuitive sense.

When these simple rules are applied to human life, improvements are immediate. A closer look reveals even more startling laws:

1. Nature's creatures do not eat dead or cooked food. Even the

vultures and other scavengers eat rotted flesh, which is teaming with worms and other life.

2. All flesh eaters eat it raw with the blood and bones. When the same animals are fed cooked flesh without the blood and bones, they degenerate in 2 or 3 generations.
3. When compared with the anatomy of a dog or cat (carnivore) or an ape, monkey (frugivore), man's body and functions very closely resemble that of the fruit, nut, seed and leaf eating ape. The following comparisons reveal this fact. Mother's milk from a human and a monkey's milk have 1.25- 2.7% and 2.3% protein, respectively, while that of a dog is 10.1% and a cat is 11.1%. As an infant, a human's protein needs are at their highest level, and yet mother's milk contains less than 2.7% protein. This is slightly higher than the protein level found in most fruits. The teeth of the carnivore class are sharp and long and their jaw only moves up and down for biting. Man is equipped with dulled molars and a jaw which moves sideways for crushing and grinding. The next distinction, an important one, is the saliva. The saliva of a meat-eating dog is acid and lacks ptyalin, an enzyme which facilitates digestion of carbohydrates. A dog's saliva was adopted for the digestion of animal proteins. The saliva of man is alkaline. It was adopted for the digestion of starches and sugars. Man has no claws for ripping, but does have fingers for picking. Man has an intestine 12 times the size of his trunk. The carnivore's intestine is only three times the size of his trunk for quick elimination of putrefactive, acidic, bacterial waste caused by eating flesh.
4. Vegetarians are the world's strongest creatures, ie: elephant, rhinocerous, ape, etc. Whales and other vegetarians are also the least aggressive. The combined diet, exercise, relaxation/sleeping and thinking habits of the vegetarian animals provide a long healthy and happy existence for them. Human health can be viewed in the same way, wholistically, as many interdependent factors leading to a harmonious whole.

THE 'WHOLE' HEALTH PICTURE

Wholistic health is health of mind, body,and spirit, as separate but interdependent aspects. In perfect health, all three aspects are in harmonious balance. Medical doctors are outspoken proponents of the

wholistic health movement. Dr. Ballentine, Dr. Samuels, Dr. Kirshner, Dr. Diamond, and scores of others have written popular books on wholistic health. James S. Gordon, M.D., in *Holistic Medicine: Introduction and Overview*, sums up the wholistic view:

1. *Holistic medicine addresses itself to the physical, mental and spiritual aspects of those who come for care.*
2. *Though it appreciates the predictive value of data based on statisical studies , holistic medicine emphasizes each patient's genetic, biological and psychosocial uniqueness and the importance of tailoring treatment to meet each individual's needs.*
3. *An holistic approach to medicine and health care includes understanding and treating people in the context of their culture, their family and their community.*
4. *Holistic medicine views health as a positive state, not as the absence of disease.*
5. *Holistic medicine emphasizes the promotion of health and the prevention of disease.*
6. *Holistic medicine emphasizes the responsibility of each individual for his or her health.*

The medical community as a whole is beginning to see a need for a more balanced view of health, one which incorporates all the factors leading towards disease and/or well-being. Thousands of wholistic health centers are popping up all over our country. These centers are designed to increase health, human understanding and self-reliance.

The traditional view of health is interested in the amount of disease in the body. The cause of disease is isolated somewhere in the body using machines and/or other devices. A treatment or cure is then suggested to correct that area or problem. If the patient is diabetic, the missing insulin is replaced; if anemic, the missing iron is replaced, etc. By seeking the cause of disease internally and treating it symptomatically, not only is the possibility that disease is but a healing crisis overlooked, but the emotional, mental, and spiritual dynamics are neglected.

By contrast, the wholistic view sees the cause of disease outside the body, as the disobeyance of nature's laws. The healing takes place within the body when it is provided with necessary rest, cleansing aids and rebuilding materials. The mental/emotional patterns can be changed from disease-causing to health-building ones. The quantity and quality of spirit grows with increased bodily

vitality. The cause of the problem is understood and this new understanding begins the healing process in the mind and body of the sufferer.

Chapter 3

EATING FOR LIFE

'MY' DAILY REQUIREMENT (MDR)

An animal instinctively knows what its food requirements are. When a person is on a good natural diet devoid of processed junk foods, he instinctively knows how much food to eat and the types of food. He has no need of knowing or abiding by the minimum daily requirements. For him, such a term is meaningless.

The minimum daily requirement implies that all of us were created equal in terms of dietary needs. The most obvious facts to invalidate this are body weight, height, sex, type of work engaged in, state of health or (disease) and ethnic origin.

Roger J. Williams, Ph.D., D.Sc., Director of the Clayton Foundation Biochemical Institute, University of Texas, is considered an expert on matters of nutritional individuality. He believes that the *average* man or woman does not exist. Each individual is a complex of many physiological systems and each system may vary widely. Everyone on Earth is different and their dietary requirements vary accordingly.

Harvey Lisle, biochemist and food researcher, sheds some light on National Standard Setting,[1] *Vitamin A, will be discussed here to illustrate the fallacy of setting standards. Even though vitamin A was one of the earliest recognized and the chemical interrelations between the various available forms are relatively well-known, the human needs are still uncertain from the quantitative standpoint. In 1932, Mead Johnson & Company offered a $15,000 award for which the following terms were set:*

The award will be made to the investigator (or group of investigators) who, 1) determines the clinic value of vitamin A (if any) in human medicine, or 2) determines the vitamin A requirements of human beings, or 3) determines whether vitamin A in amounts more than obtained in a well-balanced diet is of benefit in human physiology.

After 13 years when four of the seven original judges were deceased and had been replaced, there were still no serious contenders for the award, and the judges advised the donors, that it is

their considered opinion that no report or reports have been published which adequately answer any of the three stated requirements of the award—no adequate answer to the problems as formulated will result from current research. They advised that the award be revoked, which was done. Eight years later, the situation had not changed materially, and the Food and Nutrition Board thought it necessary to say, The Board recognizes that allowances for this vitamin cannot at this time be stated precisely.[2]

The investigators used food testing to approach this problem. The tests failed. This problem and any others like it will remain unsolved because of a lack of understanding with the regards to the essential quality of life within any given food.

FACTS AND FALLACIES OF FOOD TESTING

Food testing is a relatively new science. The testing is mainly done in laboratories with or without humans and animals. Many of the testing procedures require the destruction of the original foodstuffs, by heat and chemical agents or both.

A major stumbling block in running and interpreting food tests is the failure to realize that food not only contains material forces, but vital forces as well. The material forces are the calories, proteins, and liquids. The vital forces are the vitamins, minerals, and enzymes. The active principle in enzymes, minerals, and vitamins is not isolated except in its absence and subsequent symptom or reaction, as in the case of scurvy and vitamin C.

The non-material principle is the 'life' or 'vitality' of the food. Every living thing is surrounded by it. Various methods of seeing it are known and special photographic equipment has captured it on film. This process is known as Kirilian photography. Humans require special 'vital' nutrients not isolate isolated in laboratories yet. We can think of this force as the sun's energy condensed in a living plant.

This non-material force can be destroyed as it exists in the living plants, by cooking and processing. We often call this process 'denaturing'. Take calories for example, a calorie is a material term designating a material force that can be tested and measured easily. A food high in calories provides more energy than a low calories food. Consider two foods high in calories, nuts, which are high in natural oils, and oleomargarine, which is high in hydrogenated oils,

processed from soy beans, corn, and cottonseed. Both are high in calories and furnish as much energy, beyond this, all similarity ends.

The nuts contain vital forces or vitamins, mineral salts, and enzymes. The same vital forces that existed in soy beans, cottonseeds, and corn were destroyed in the process of making margarine. Which is the better food? The material testing process tests material forces and values only. It cannot test for vital force and its values. Scientists involved in food testing would be the first to disclaim any association of their testing and food processing with vital force values. That is simply 'not their thing'.

Food testing with animals has some merit. Animals are a lower form of life than humans, but they require both vital and material forces in their food as do humans. Almost all textbook nutritional information is based on animal and lab experiments or empirically derived from human population studies.

For deficiency studies and the testing of potential carcinogens, we are indebted to the animal kingdom. It is good to remember, however, the results of animal studies on cancer and other diseases only indicate possible tendencies. They do not give us the ultimate answers to the question of nutritional needs for health.

BASIC NUTRITIONAL NEEDS

Millions of human beings all over the world are living to eat. Are you one of them? Eating is a pleasurable experience. Is it worth sacrificing your health for? The human body has certain basic dietary needs. The metabolism of people vary to some degree, but metabolism is not static. It is subject to change over a period of time. Meeting the bodily needs is essential for good health. How is one to know the needs? The balanced Life Force program supplies the body with the following basic nourishment: *Protein-* which builds and repairs body tissues, *Carbohydrates-* which furnish heat and energy, *Minerals-* which build and maintain the body and regulate biological functions, *Vitamins-* which promote growth and maintain health, *Enzymes-* which stimulate metabolic and digestive functions, *Bulk or Fiber-* which promotes healthy elimination of body waste, and *Liquids-* which flush accumulated waste from the body and supply it with the proper fluids.

VITAMINS

In this section, we will discuss in greater detail the body's known nutritional needs. We will attempt to clarify a few nutritional myths and present a worry free attitude towards your bodily needs.

Vitamins and vitamin supplements are a topic of intense debate in today's growing health awareness. Vitamin enthusiasts have claimed 'cures' of chronic disease by their use. Equally strong statements are made by believers in 'whole foods' and medical doctors that vitamin supplements may produce migrane headaches and many other symptoms.[3]

Massive doses of vitamin A may cause headaches, vomiting, and liver disease. Excess use of vitamin D may cause kidney damage. Excess vitamin C can cause crystals to form in the urine and may destroy the vitamin B-12 in the body. All vitamin supplements act as stimulants.[4]

Other groups believe vitamins are just a waste of money. James Goddard, former Food and Drug Administration Commissioner, has estimated that Americans waste over $500 million on vitamins they don't need. Who are we to believe?

Casimar Funk, a Polish chemist, founded the now famous theory of vitamins. During the early 1900's, Funk studied four widespread diseases: beri-beri, pellagra, rickets, and scurvy. He first believed that these problems were caused by poisons in the foods of the sufferers, but the data didn't support this conclusion. By process of elimination, Funk realized each disease resulted from a deficiency of a separate vital element.

He named these four vital elements vitamins. The word 'vitamine' (as it was then spelled) meant 'union of vitality', or 'life', with the nutritive elements in foods. The term emphasized the necessity of providing the foods in their living vital condition. Many nutritionists have described vitamins as the 'vital principle' in food, without which a body is vulnerable to the afore mentioned deficiency diseases.

Vitamins are found in all natural 'living foods' (uncooked). As we have studied, MDR & RDR, are false measures of human bodily needs. Through our long experience with living human experimentees, we believe that the Life Force diet supplies the body with all the essential vitamins in balanced proportions, created in foods by the sun's energy. It is no longer necessary to spend time in

worry over the vitamin debate. The many millions of people that maintain health without the use of supplements are all the proof we need to have.

MINERALS

In recent times, science has proven that the human body is in part, made up of many organized mineral elements. The body's automatic functions try to keep a perfect balance of these elements at all times. When the body is not supplied with these mineral elements, or 'salts', resistance, and eliminative functions are weakened and disease can result.

Julius Hensel and H. Lahmann, German researchers, have written a number of books containing information on mineral salts. They found the absence of these salts and the resulting retention of bodily wastes could cause functional disorders or disease.[5]

The mineral salts found by these great German chemists were organic mineral salts. These are not the minerals found in today's popular bottled 'fizzy or spring' waters. Mineral waters contain inorganic elements, like lime, soda, magnesia, iron, sulphur, and others in greater concentration than found in the body. These elements can enter into the circulation and effect some temporary chemical action, but do not perform the vital process carried out by the highly organized organic salts. In fact, over a period of time the body creates mineral accumulations causing arthritis, organ 'stones' and may even fill many of the small capillaries in the brain with rock. [6]

The wonderful 'cures' reported from famous springs can be attributed to increased exercise, fresh air, a restricted diet, and mental and emotional preparation for healing. When the reader follows the Life Force food program's recommendations, little or no attention to adequate mineral salt supply is necessary. The abundance of organic mineral salts, found in 'living food' ensures proper elimination and protection for the body.

PROTEIN

Proteins are complex cells found in almost all living things. They are the building blocks of the human body. The body is built and

repaired by proteins. Sixty percent of the dry weight of the body is protein. Proteins are long strings, made of more simple compounds called amino acids. Amino acids are the 'links in the protein chain'. They were the first form of life on the planet Earth. They are found in every form of life, animal or plant.

All living creatures are composed of different types of protein cells. Our body produces the type we need from amino acids, supplied in proper quantity and quality from the foods we eat.

In the process of digestion, the body breaks-up complex proteins eaten, into amino acids and puts them together again in the liver. The proteins created in the liver will become new building blocks for the body. Excess proteins are converted into energy producing fuel.

High protein intake forces extra work on the body. It must convert the protein to fuel and eliminate the harmful acids created in the process of digestion. Acid saturation of the body cells, due to excessive protein intake can cause death. Dr. Beiler, *Let Your Food Be Your Medicine*, and C.W. Crile, M.D., have both written on the hazards of acid saturation, due to the over-use of protein, especially cooked ones from animal sources.

Cooking can destroy 40-85% of the available protein in most food. While cooked proteins and cooked food may *sustain* life, they do not have the ability to rejuvenate an old and tired body or stimulate the cell's memory factor, RNA, to produce vital and healthy cells indefinitely. The Life Force food program keys on the use of predigested proteins for regenerating the cells of the body.

Predigested food is fully or partially broken down into a more simple form of nourishment. Fermentation is used to complete the out-of-the-body digestion. Proteins are broken-down into amino acids by the fermentation process for ease of digestion and more complete assimilation. A sprouted seed, for example, is ground-up and fermented, a few hours later it becomes an easily assimilated, highly nutritious amino acid food. The body obtains optimum protein value from the fermented seed preparation with less effort at digestion.

Vegetable sources of protein are numerous and provide complete amino acid needs to the body. Ask one of the world's billion vegetarians if they get enough protein from the diet. Dr. Jean Mayer and other eminent nutritionists believe a minimum of high quality protein is needed daily (between 40-60 grams). W.C. Rose of the

University of Illinois, an authority on protein, says that *less then 25 grams a day is all that is needed.*[7]

Fruits, vegetables, seeds, nuts, sprouts and juices supply the body with high quality protein nutrition in a balanced proportion to bodily needs. This low protein diet will nourish the body more completely without the harmful 'side effects' caused by flesh and animal foods.

ENZYMES-THE ELIXERS OF LIFE

Most nutritional books have little to say about enzymes. Yet, we know that whatever they are, we need them to live. Where do we find enzymes and what are they? What do they do for us? Dr. N.W. Walker, author of many books on health, considers an enzyme, *that element which is hidden within the seeds of plants and in the sprouting and growth of plants, is the* life principle.[8]

Raw foods and freshly made juices possess an abundance of enzymes, the life-and-youth-giving principle. Nobel Prize winner, Dr. James Summer believed that if you are experiencing that almost 50 feeling, it is because the enzymes in your body have become fewer and weaker. This contributes to the aging process in people and animals.

Tests made on older people revealed a decline in bodily vitality and enzyme production when sufficient raw foods were not used. Wrinkled skin, falling hair, loss of muscle tone, and dulling eyes were noticed. The overall bodily processes were off, without the proper vital nutrients.[9]

The Life Force food program contains rich sources of live enzymes. Rejuvelac, a fermented wheatberry drink is an enzyme elixer, which gives the body 'new life'. Sufficient enzymes taken in the diet help the body to rebuild its enzyme producing functions and reverse the aging process.

FATS

Americans today are fat conscious. The continuing controversy over the use of saturated v.s. unsaturated fats is growing. According to the government report on Nutrition and Human Needs, fats now supply 50% of the average American's energy supply (caloric intake); *The average American eats a cup of shortening each day.*[10]

We have witnessed a great shift to the use of unsaturated fats, spurred on by the proven conclusions of high cholesterol intake and heart disease. Yet, what has happened to the death rate due to heart disease since then?

Almost everybody knows at least one person suffering from a heart disorder. The present danger of heart disease is still as great as it was before the shift to unsaturated fats. A low fat diet is the only permanent answer to heart disease.

Fats in very small quantities are needed by the body for good health. They enable us to combat cold elements and are stored in the body for future use. The Life Force program supplies natural fats from 'living foods' in balanced quantities.

Many free fats (oils, butters, etc.) can produce cancer and other symptoms, when rancid and/or cooked.[11]

Organically grown vegetables, sprouts, seeds, nuts, and fruits supply the body with all the 'essential fatty acids' in their natural, unharmed state. The reader needn't worry about fats and cholesterol, when following the Life Force food program's recommendations.

CARBOHYDRATES

Calorie counting is a current rage in the United States. There are several weight reduction programs and books, which revolve around calorie counting. 'Empty calories', those deficient in vitamins and/or minerals, make up a majority of American's calorie intake. Junk foods are almost always high in empty calories. Do you eat junk food to lose weight?

Calories are necessary for energy and heat in the body. The cells need fuel, like any engine needs fuel. Energy comes from fats, some amino acids, and carbohydrates. The most easily used and most direct source is carbohydrates; fats and amino acids can create harmful by-products (acids) when used for energy. Carbohydrates create energy for cells, water and carbon dioxide with few harmful by-products.

The plant kingdom supplies us with an abundance of carbohydrates. The carbohydrates found in the uncooked plants do not supply 'empty calories' and carry no danger of carbon dioxide build-up. They are full of vitamins, minerals, amino acids, and fats. These foods are balanced for their own digestion, assimilation, and elimination.

WATER AND LIQUIDS

At least 60% of the body weight is water. Water is necessary for bodily temperature control, elimination of waste, and health maintenance. How much water is necessary? Will increased water intake 'cure' constipation and promote weight loss? What water is safe to use? Many nutritionists recommend the use of six to eight glasses of water per day. Depending on your locality, this habit can introduce from 50 to 60 new chemicals into your body with each sip. Sodium floride (rat poison), chlorine (bleach) and a host of other additives found in municipal water, undermine health.

'Pure' spring or bottled water can legally be tapped from any faucet fed by a spring. It contains inorganic mineral elements (see section on minerals in this chapter), which can store in the body causing arthritis and clogging of the body's tubes, tissues, organs, joints and brain with sediment.

Up to one gallon of water is eliminated by a healthy body each 24 hour day, more in the summer (hot climates) and less in the winter (cold climates). The Life Force food program uses nature's distilled water: juices from fruits and vegetables, and rejuvelac made with distilled or filtered water to supply the body's fluid needs.

The organic natural foods, fruits, vegetables, sprouts, contain at least 90% energy packed fluid. This natural vital fluid is the true 'nectar of the gods' in taste and benefit. When others 'can't take the heat', your body and mind will be 'cool and collected'. See you at the juice bar.

FIBER

Fiber supplements and fiber foods are the latest greatest food supplement. With colon rectal cancer claiming the lives of millions of Americans, it is no wonder the sudden popularity of roughage. An average mixed non-vegetarian meal takes one to five days to eliminate. During this time, the meal is decaying within the body.

Fiber, a cellulose roughage, is necessary for sweeping the intestine clean of the accumulated debris. The use of foods containing cellulose insures a healthy bowel elimination daily. Vegetables, sprouts, and fruits pass through the body in a few hours, scouring the intestines clean on the way and giving them bulk to strengthen and tone them.

Fiber supplements, laxatives or brans, etc., are superfluous for those following the recommendations of the Life Force diet. These products become an irritant to the intestinal tract and can leach water from the other organs. The extra water is needed by the intestines to flush the irritant (supplement) from the body. If you follow the recommendations mentioned in the Life Force program, you need not think about fiber again.

The program suggested helps to build colon health. Natural foods supply bulk and have absorbent qualities, which improve peristaltic action, preventing constipation and its harmful effects. Colon irregularities are corrected and layer-by-layer of accumulated, impacted wastes are removed and eliminated. So get off the 'keeps one regular' laxatives and start developing 'intestinal fortitude', today.

NATURE'S WAY

Nature provides us with an abundance of low-cost, fresh, and varied foods. The U.S. Government's National Cancer Institute, American Cancer Society and other major health-minded groups recommend the increased use of fresh raw vegetables, fruits, seeds, and nuts. Sprouted beans, seeds, grains, and fermented foods eaten along with the above foods is the formula for long life.

Life comes from life. Can overcooked, processed, devitalized foods give us life energy? These foods are extremely stimulating to the glands and organs of the body. Over a period of time, these foods weaken, clog and poison the body. Living foods create life in the blood and flesh of the body. The use of baby infant plants (greens) and sprouts rejuvenate the tired and diseased body.

The increased use of predigested foods (foods broken down to simple elements readily used by the body for fuel and building purposes) allows the body to achieve optional nutrition with little work. This frees the body from the stress and strain of digesting and eliminating complex foodstuffs.

Partially digested or predigested foods are the luscious fruits, sprouts, greens, some vegetables, fermented saurkraut, seed yogurts, grain beverages (rejuvelac), and sprouted breads. Partially digested foods are full of enzymes aiding in their own digestion.

30 DAYS TO BETTER HEALTH

We make a challenge to all those who would achieve a superior state of mental, physical, and spiritual health. Try the Life Force program outlined in this book for 30 days. If after the trial period, you are not convinced by the benefits you have received, go back to your old habits and observe your reactions to your old diet. If you were healthy before the trial began, you may experience flatulence, gas pains, puffiness, tiredness, constipation, or diarrhea after eating the old way again. If you had a health problem, which responded well to the trial, you may experience a quick return of symptoms.

During your Life Force trial period, you may experience the following benefits:

1. Elimination of toxins and chemical wastes accumulated over many years dietary and drug abuse.
2. Rejuvenation and reversal of the aging process.
3. Increased overall strength in problems of general weakness caused by disease or exhaustion.
4. Deep and restful sleep, in cases of sleeplessness.
5. Reduced weight healthfully and safely, in cases of overweight.
6. Steady increase in weight, in cases of depletion and starvation due to disease or physical exhaustion.
7. Neutralization and elimination of bodily acids and increased resistance to colds and flu through protective alkalinization of the blood.
8. Relief of acute and chronic pain by elimination of the cause.
9. Eliminate intestinal putrefaction and fermentation, eliminating risk of colon cancer by daily internal scouring of the intestines.
10. Improves and balances the metabolism by accelerating metabolic activity.
11. Relieves nervous disorders by strengthening the nervous system.
12. Reduces and eliminates exaggerated cravings for food, sex, alcohol, and drugs by filling bodily deficiencies.
13. Improves and builds blood count and blood circulation and regulates blood pressure at normal levels.
14. Improves digestion and assimilation of foods for optimum bodily nourishment.
15. Improves and normalizes sexual organs, eases the negative symptoms of menstruation and makes it regular for ease of

natural birth control.

16. Strengthens the skeletal system by adding to the calcium phosphorus reserve in a balanced manner.
17. Improves the basic biological functions of the whole body.
18. Promotes mental clarity and increased powers of concentration, memory, and creativity.
19. Opens the body, mind, and spirit to the real pleasures of life.

The contents of this book are based on knowledge and experience. We do not ask you to accept any idea without scientific reasoning. Prove this information to yourself by practice and by results. Yes, you will be doing an experiment on your body; a completely safe one, time tested by nature over millions of years. Can you afford to experiment further with our present society's degenerating habits, which will *never* be proven safe?

Chapter 4

THREE MORE PLAYERS IN THE GAME OF HEALTH

1 EXERCISE YOUR BODY OR LOSE IT

Americans today enjoy being spectators. Millions lead a sedentary existence. Dr. Warren Guild of Harvard University Medical School states that 97% of all adult Americans fail to pass the minimum physical fitness exam.[1] The shift in job needs and the efficiency of transportation, have us sitting down more often than not. Many millions of others are somewhat active at work, but fail to use all their muscles in a day.

The underlying need of humans to move and use their bodies is becoming apparent. A new fitness kick is off and running. Fitness clubs, jogging, tennis, and other forms of exercise have become an American way of life. The suburbs at early morning are alive with joggers puffing down the streets. Tennis courts are used all-year-round and most health clubs are constantly crowded with people. A new movement of body awareness has developed. Your body is the only one you have, if you do not use it, you may lose it. An exercise program that stretches, breathes, and builds the body is important and can be fun too.

Many of today's exercise programs require great amounts of energy and input. Certain exercises using heavy weights and other apparatus can be very harmful to the body. To derive maximum benefits from exercise with minimum effort, no special equipment or training is needed, only a willingness to move and have fun at it.

THE LIFE FORCE PROGRAM'S FLEXERCISES

Flexercises are the answer to your exercise needs. All people, young and old, can begin to perform these simple stretching movements. The emphasis of the exercises are on flexibility, body control and tone. These exercises are designed to give you 'intestinal fortitude', while they tone and stimulate the internal organs and glands.

A balanced exercise program is an important key in strengthening the body for prevention of disease. All around us there are active people who are healthy and vital. Athletes are prime examples of the physiological benefits of exercise. However, few of us have the time to devote to physical activity that athletes do, so we must do what we can, when we can.

Any improvement upon an otherwise sedentary lifestyle is a good one. The series of exercises described in Chapter 7 are minimum effort, maximum benefit movements for today's world.

THE LIFE FORCE PROGRAM'S FREEBICS

Flexercises are combined with freebics for an overall body workout. Freebics are free aerobic movement exercises with the emphasis on breathing and circulation. Beginning where you are, freebics can be anything from walking to running up hills. Concentration and breath awareness are developed during the 'roaming around' of the exercise.

The Life Force exercise program is safe and effective in turning back the years. Your blood circulation will improve and bodily organs will tone up, greatly aiding the elimination of waste from the system. Within ten weeks, you will feel increase increased flexibility, control, strength and endurance. Your breathing will open up and stay that way, adding precious oxygen to your blood and brain. Increased mental clarity and enhanced concentration result from the increase in blood oxygen. A general feeling of confidence and well-being will come over you as you continue to become 'better every day'.

2 MENTAL ATTITUDE AND HEALTH

Thoughts have a reality all their own. Your thoughts and personality give you a special 'vibration'. Babies, other sensitive people, and certain animals can 'pick up' our vibrations like a radio receiver and play them back to us. Children and animals can tell us much about our thoughts, the purity and quality they possess. The thought pattern which we hold can bring us great joy and prosperity or constant 'bad luck' and sadness.

Holistic medical doctors have related mental pattern with certain diseased states. Herbert Benson, M.D., in *The Mind/Body Effect*,

points out that modern medicine has all but abandoned every practice which in previous cultures have resulted in 'mind over matter' healings. In one American study by Dr. Randall Mason, Dr. Graham Clark and Dr. Robert Reeves, it was found that patients who had a 'high acceptance' of the treatment they were about to undergo for detached retinas, healed much faster than patients with what was termed 'low acceptance'. The rate at which the patients healed was directly affected by their *attitude* toward the surgeon, optimism concerning outcome, confidence in ability to cope, to name but a few of the factors involved.[2]

Here are a few examples of mental attitude or patterns and their accompanying manifestations in the body, from our case historys at the 'Mansion':

CASE HISTORY 1

C.P. is a housewife and mother of two children. One day she found that she had formaldehyde poisoning and was tested. The results were positive, she was poisoned. Her life was changed to one of caution and fear. She covered her whole body, head-to-toe all-year-round, and pasted blinds on the windshield of the car to protect her from the sun. Her husband and son had to drag around a six foot oxygen tank and an air conditioner because her breathing became difficult at times. She suffered from weakness and fainting spells. During this time, she studied and learned more about the poisons, including formaldehyde, all around her. She found and memorized lists of products which contained them.

Her thoughts were continually dwelling on her problem and her inability to excape all these poisons. She sat in a lecture one day at the 'Mansion' and the author realized her situation when she approached him afterwards. She spoke of the 'empty half of the glass' for ten minutes, when he stopped her. The author realized that for the past two hours, she had done everyone in the room a great service. She had filtered all the formaldehyde and other pollutants out of the air *like a magnet* by her thoughts. He realized that she could heal herself in a short time, if she wished. She needed the love and attention her husband and children showed her, hence the big oxygen tank and special precautions. When the author mentioned trees and fresh air as therapeutic, she told him about the dangerous 'hydrocarbons' that trees give off. She had gone to an extreme when

she began to examine her life. Understanding the problem and its cause has set her free today.

CASE HISTORY 2

W.J., 50, was a sailor in the Navy, who went overseas during and after World War II. While he was in the Far East, he fell in love with a younger native woman. When it was time for him to leave the country and return home, there was an argument between him and the woman's family and they forbid her marriage to him. He returned hoping to return one day and steal her away from her family. Some time later, he experienced a bad case of hypoglycemia. Apart from his lover, he had little to live for. While at the 'Mansion', everyone learned of his story and supported his solution, to get well and find his lover. In a few short days, he was having a ball and feeling 100% better. His symptoms had eased considerably and he looked and felt like a new man.

His lack of sweetness in life for over ten years had produced cravings for sweet foods and overeating. He fell into a rut, mentally and emotionally. As the joy of life returned to him, his cravings were under control and he felt better.

CASE HISTORY 3

S.S., 65, was dying of cancer when she arrived at the 'Mansion'. She had lived with her husband in N.Y.C. for many years. She had two lovely daughters, who quickly came to her aid while she was in the hospital. She was given two days to live before their arrival. Their show of love and concern gave her the courage and will to try to fight it. Her daughter brought her to learn how to help herself. During her three weeks stay at the 'Mansion', she had new life. She took daily walks and her complexion changed. The other students and staff were paying alot of attention to her. During the days after her daughter left, she became less energetic and her will weakened. Deep inside, she really believed she had nothing to live for and it was her wish to die. She held onto deep hurts that she experienced during childhood and in later life.

Others began to do almost everything for her. She 'couldn't' do it herself. She did not want to try. She was taking without giving, which left her tense from guilt feelings. She felt a burden to the

others and left Hippocrates to try the program at home. A few weeks later, she died of cancer.

CASE HISTORY 4

Alex, 70, was a retired N.Y.C. cab driver, living in Florida. As a boy, he was extremely sensitive and had many talents. His lack of self-esteem and confidence did not allow him to express any of these talents. He was told that his imagination was too 'wild' and his desires 'strange'. After many years of being forced to 'make a living', he had an opportunity to invest with his sister in a business deal in Florida. This was that chance he had been waiting and saving for, but he declined to take the risk. His sister made thousands and became a 'success'. For years he continued to work in the city, driving a cab. He finally went to Florida to join his sister. He came up to Boston to study at the 'Mansion'. He knew all about the program from books and some experiences, but he continually left the house to binge on junk foods and coffee. The tension from guilt of burdening his sister in Florida and fear of death he created would not let him sleep. He stayed up all night. He decided to fast for a day and he was successful. He was proud of himself and liked the feeling. That night he slept fully for the first time in several years. He merely 'took off the brakes' for a few hours and felt like a new man.

3 SYNERGY WITH NATURE

All humans are natural beings. The elements that make the flesh, blood, and bones of our bodies come from the earth beneath our feet. From nature we came, to nature we will go. How many people remember our natural heritage? Today's 'denatured' existence is the major cause of impotence, schizophrenia and a host of other mental disorders.

The highest rates of crime, disease, schizophrenia, and other mental disturbances, drug abuse, alcoholism, pollution, etc. are found in the inner city ghettos. Trees, plants, birds, and wild life of any type are not to be found there. Even the light of day scarcely creeps through the buildings, in some places. Could we expect less from such an unwholesome and unsettling environment?

Everywhere we move today, we are threatened with pollutions of all types, from as many sources. The bad air, foul water and deafening noise is choking our very lungs, eyes, kidneys and ears. Science tells us we have mercury in our brains, lead and carbon monoxide in our lungs, DDT and other chemicals in our livers and the list goes on indefinitely. It is no wonder we suffer epidemic proportions of chronic degenerative illnesses and premature death.

The problems at hand, seem to be beyond human control. However, there is a way out and it begins with you. Change your lifestyle from an unnatural to a natural one as much as is possible.

Synergy with nature is learning to become a harmonious part of the whole of life on this evolving planet. Achieving harmony with nature has a balancing effect on our lives. Many of today's so called 'top' scientists are working to 'conquer' nature. The forces of nature are beyond the intellectual control of scientists. However, when we decide to work with nature, anything is possible. Within nature's simple laws are hidden the most powerful secrets as yet unknown to science.

Our 'spaceship Earth' is preheated each day by the Sun of our solar system. All the energy we use today is indirect solar power. Scientists like Buckminster Fuller and Isaac Asimov, tell us it is possible for all the Earth's millions to travel the highway to prosperity or take the low road to total destruction.

The greed of a few is temporarily blocking the safe passage of all. Today we have 460-500 million people literally starving to death, while the West watches a 4% food surplus rot or be used to make gasohol. Slowly the world's citizens are awakening to the situation. The best way we know of to build a wave of positive action is by sharing and 'doing'. Bringing nature into your home will bring balance into your life. A house or apartment garden is a great way to synergize with nature. Nature will respond by creating an environment for health and happiness in your home and in your body.

The health of a nation or world starts with the individual. As the balanced individual drops 'seeds' all around him/her, a veritable forest of truth seekers grows, creating a larger circle each day. The circle grows to envelope entire cities, states, countries and continents until *all is well* on Earth.

The cities are the life-blood of our culture. Increased population and technological advances will bring more people into our cities in

the future. The city can be a wonderful place to be. The author has lived and thrived in the city most of his life. He recreates his natural surroundings at home. He grows enough food indoors, even in the winter, to feed a large family in one kitchen window. As is possible, he has achieved synergy with nature in the city.

Green plants, growing all around, offer protection from the stress of city life. They put valuable oxygen into the living space, which is essential to good health. The green baby plants and sprouts grown for food, supply healing chlorophyll, liquid oxygen and living nutrients to the body. Working in the soil each day becomes a meditation, during which one learns more about life than from all the books on the shelves.

Apartment farming will offer you an alternative to 'anemic' vegetables and fruits grown far away and harvested before ripening. The modern, indoor victory garden is a great inflation fighter. The costs of feeding yourself and others will be reduced to a minimum. The average family of four can eat for 'life' on $ 40 per week or less and you will delight in the relationship you create with your plants and sprouts.

Like children, plants and sprouts respond to the love and energy you give to them. In just five days, you can supply your family with fresh, nutritious and tasty indoor garden sprouts, greens and grasses. Convert your kitchen today to a living foods energy supplier, where the love and harmony you possess will be reflected by the green life thriving all around.

PART 2 Chapter 5

WHY WE NEED THE LIFE FORCE PROGRAM

The tastes of Americans have changed over the past 100 years. In the 1900's, the variety of food was limited. Local farmers grew the fresh food and a few dry goods were bought at the general store. Today's supermarket shelves stock over 10,000 fashion packed products. About 75% of American's total caloric consumption comes from fats (50%) and sugar (25%). The new trend of overeating of empty calorie foods is threatening our very survival as a civilization. American society is facing epidemic proportions of chronic illness. Despite the abundance and variety of foods available, malnutrition is in evidence throughout the country.

MALNUTRITION IN AMERICA

Malnutrition is on the rise in the midst of plenty. Men and women with bald heads and bloated bellies, resembles the sad state of the world's starving children, are seen all around us. A six year survey published by the Ellen H. Richards Institute at Penn State College, concluded that only two persons of some 2,511 tested were properly nourished. Only eight were free of tooth decay. A great majority were deficient in vitamins and minerals, many even at a young age.

A weakened, deficient body is more likely to submit to disease and poor health than a strong healthy one. A body can only resist disease from a position of strength and health. For optimal health, eliminate immediately all life destroying and stimulating, so-called 'foods' from your diet. This is a first step on the stairway to good health.

THINGS YOU ARE BETTER OFF WITHOUT

Stimulants, like caffeine (found in tea, coffee and soft drinks), uric acid (a substance similar to caffeine, found in meat and flesh foods), sugar, drugs, alcohol, cigarettes, spices, and many others, speed up the body's metabolism.

The energy spurt experienced after their use is short lived. The use of stimulants is like whipping a sick old plough horse. The horse jumps and then drops again, until the next crack of the whip.

FORGO MEAT OR FLESH FOODS

Uric acid is a waste product of protein metabolism. One pound of red meat may create as much as 18 grams of uric acid in a body. It contains purine (like caffeine) and is a known stimulant. Our body is capable of easily eliminating about 8 grams of uric acid daily. The excess uric acid accumulates in the blood and tissues of the body causing toxemia, kidney disorders, gout, and a host of other problems.

Meat and flesh used as food is unnecessary and uneconomical. It takes 50-100 times more land to produce meat than to produce its equal in a vegetarian source.[1] The feed grown for animals contain DDT, hormones, tranquilizers, stilbestorol, antibiotics, and pesticides. In 1979, hundreds of thousands of chickens were slaughtered 'unfit for the market' because they were poisoned by contaminated feed. Animals produced for slaughter are sickly. The diseased animals are sold to the public as food. Dr. Harvey Kellog, M.D., of Battle Creek, once said as he sat down to a vegetarian meal, *It is nice to eat a meal and not have to worry about what your food may have died from.* [2]

AVOID DAIRY PRODUCTS

The milk of the animal is also unnecessary as a food for humans. We are the only animal who continues to drink milk after weaning. Pasteurized dairy products are excessive mucus producers. Allergies, respiratory problems, arthritis, and cataracts often result from the extended use of dairy products.[5]

Cow's milk is vastly more coarse than mother's milk, and it contains 300% more casein than does mother's milk. Cow's milk is intended to double the weight of the calf in 6 to 8 weeks, whereas a child's body requires 6 to 7 months to double its weight. Cow's milk builds up the body structure of the calf to attain weight of 1,000 to 2,000 pounds at maturity.

Another consideration which is often overlooked is the phosphorus content of milk. Phosphorus is one of the acid forming elements, and cow's milk contains almost 50% more phosphorus than mother's milk. Furthermore, the relation of the phosphorus to the sulphur content is disproportionate in these two kinds of milk, a

most important consideration in regard to the mental and physical balance of the individual.

The human body must exercise a vast amount of effort to metabolize cow's milk and the result of this effort, coupled with the inordinate amount of the casein content of the milk is the cause of the mucus ailments which afflict humanity. There is also a question whether humans, after two years of age, produce the proper enzymes in their body to digest milk proteins at all.

The pasteurization of milk originated especially when the dairy industry became a 'big business'. It is a practical impossibility to handle vast quantities of unpasteurized milk and milk products, transporting them long distances from place of origin to the large distributing centers, without considerable spoilage. Unpasteurized milk separates and sours when set out for a time. The curd is found on the top and the whey on the bottom. Pasteurized milk does not separate or sour, it rots when set out.

Nature never intended a human to use milk after it has been weaned. There is no animal in the natural kingdom, save humans, that disobey this law. Is it any wonder we suffer from related problems?

We have taught hundreds of students afflicted with asthma, hay fever, and other nervous conditions about 'deadly dairy'. The results have been amazing. In all cases, the students responded instantly to the omission of them from the diet.

SPICES, SALT, AND PEPPER ARE STIMULANTS

Spices, pepper, salt and other condiments irritate the delicate cell walls. Accumulation of these substances contributes to thickening of cell walls and arteriosclerosis. False thirst and hunger can occur through increased flow of body fluids, creating a bloating condition. Salt is also linked to high blood pressure, hypertension, and kidney problems. In Northern Japan, where the greatest amount of salt is used, there is also the highest incidence of hypertension in the world.[6] Many health insurance policies today ask applicants, 'do you salt your food before you taste it?' If you answer yes, they will probably not insure you, for fear that you are a 'bad risk'.

COFFEE OR TEA ARE HARMFUL AND ADDICTIVE

Coffee and tea contain caffeine and theine. These substances attack the nerves and heart. This gives us a jolt because they increase the amount of fatty acids in our bloodstream. High levels of these free fatty acids help to cause atherosclerosis, diabetes, and heart disease. New evidence states that coffee may cause tumors.[7]

SUGAR AS A DRUG

The average American consumes over 120 pounds of sugar in a year. Cane sugar does not provide any vitamins or minerals to the body, only empty calories. It creates a 'rush' of energy in the person each time it is used. Over a period of years, the weakened, demineralized (any foods without their own minerals draw from the body) body, falls prey to blood sugar problems, increased cholesterol and tooth decay. Ninety-eight percent of all Americans have tooth decay. Sugar abuse is blamed for hyperactivity in children.

FREE FATS SHORTEN LIFE

Man has always eaten fat, but not in such large quantities. Almost half of all the calories in the American diet are derived from fat. It is no wonder heart disease is the number one killer today.

Any processed fats or oils (free fats) can be harmful. A recent Seventh-day Adventist study concluded that unsaturated fats and oils (of vegetable origin) caused a reduction in blood serum cholesterol. However, they found that the cholesterol left the blood to be embedded in the walls of the arteries. The conclusion: no 'free' oils or fats are good for a body.[8]

Furthermore, there is great evidence that heated and rancid 'health food' oils used in cooking can be cancer causing. Keep in mind that oils are used in many cooked and processed items. There is only one group of fats necessary or 'essential' to human health. And of this group, we need very little. The Life Force diet supplies far more than the minimum level of the essential fats.

ALCOHOL IS POISON

Alcohol is a deadly poison if taken in a high enough dosage. In smaller quantities, it progressively attacks the nerves and 'dulls the brain'. Alcohol ferments in the body and causes fermentation of the food with which it mixes in the stomach. It also contributes to high blood pressure.

VINEGAR IS INFERIOR

In the natural process of fermentation, the first stage is a slight souring; the next is when alcohol is created and in the end the whole thing turns to vinegar. How could a product soured beyond alcohol be good for a body? Vinegar is known to cause inferior fermentation within the body. Like spices and condiments, it irritates the mucus membranes of the body.

TOBACCO DULLS THE BRAIN

Tobacco in large enough dosage is also a deadly poison. Here are the poisons found in a chemical analysis of tobacco: nicotine, nicotinuine, carbon monoxide, carbon dioxide, ammonia, methene, methylamine, hydrogen-sulphide, furfurral, nicotelline, pyrrole, pyridine, picoline, lutidine, collidine, formaldehyde, carbolic acid, prusic acid, arsenic.

Nicotine decreases the capacity of oxygen absorption of the pulmonary cells. This prevents the body and particularly the blood from obtaining a maximum amount of oxygen. It also attacks the heart and lungs, and is a known nervous system depressant.

THE REAL DANGER OF PROCESSED FOODS

In 1976, 550 different synthetic chemicals, a total of a billion pounds per year in over 32,000 different products, were used in food processing. In *Biogenic Living*, Edmond Bordeaux Szekely describes some of them and their effect on the human body:

We will mention only a few infinitesimally small categories of these synthetic chemicals: preservatives, emulsifiers, moisturizers, dyes, sprays, bleaches, artificial flavors, gases, antioxidants,

hydrogenators, deodorizers, buffering agents, alkalizers, disinfectants, acidifiers, extenders, fungicides, insecticides, drying agents, defoliants, thickeners, neutralizers, conditioners, maturers, antifoaming and anticaking agents, artificial sweeteners, fortifiers, hydrolizers, etc., etc.

Whenever food manufacturers remove a natural substance from a food, they always replace it with a synthetic adulterant. Of course, this manipulation disturbs the whole natural biochemical balance in the food. Each time a synthetic is consumed, the biogenic and biological processes of the organism receive a shock to which they are desperately trying to adjust themselves, very often with little success. Each time, a precondition of disease is added to the already disturbed living processes, developed and perpetuated over millions of years. Their continuous, more and more aggressive disturbance proliferates a long line of chronic and degenerative ailments. Even in ordinary simple foods, a great number of synthetic and often toxic additives are ingested.

In ice cream: coal tar dye, diglycerides, monoglycerides, antibiotics, artificial flavors, carboxymethyl cellulose, artificial colors, etc.

In apple pie: nicotine, lindane, chlordane, lead arsenate, methoxyclore, butylated hydroxyanisole, demeton, parathion, hexachloride, benzene, sodium-phenylphenate, malathion, etc.

In butter: diacetyl, hydrogen peroxide, coal tar dyes, etc.

In oleomargarine: monoisopropyl citrate, diglycerides, isopropyl citrate, monglycerides, etc.

In pickled vegetables: sodium nitrate, alum, aluminum sulphate.

In fruit juices: saccharine, parathion, dimethyl polysiloxane, benzoic acid, etc.

In breads: coal tar dye, diglycerides, ditertiary buthyl paracresol, ammonium chloride, polyoxyethylene, monoglycerides.

In meats: stilbestrol, dieldrin, aureomycin, methoxyclor, toxaphene, chlordane, heptachlor, benzene hexachloride, etc.

In potatoes: all kinds of pesticides, ethylene dibromide, heptachlor, dieldrin, chlordane, etc.

We could continue on page after page, the endless thousands of synthetic and toxic additives, but I think these few samples are enough. [9]

REGENERATION VS. SUSTENANCE VS. SLOWING VS. DESTRUCTION

The present protein centric classification of foods is derived from their content of calories, protein, starches, fats, and carbohydrates. A new method of classification based on the degree of life-generating and cell-renewal capacity is described in the works of Edmond Bordeaux Szekely, author of over 70 books on many subjects. The new classification is broken into four basic groups:

1. *Generating* or living foods are the seeds, nuts, whole grains, and legumes, which when germinated (sprouted) are mobilized into new activity able to generate new life. These are the true 'living' or 'Life Force' foods. The life force of living foods is liberated during the processes of chewing and digestion. The awakened sun energy of the germinating seed or baby plant becomes usable energy to all the cells for elimination and rebuilding of the human organism.
2. *Active* or sustaining foods are the uncooked fruits and vegetables, which are unable to generate a new living organism (like the seeds),but are capable of sustaining the present vitality of the body. The active and life-generating foods cleanse the body of waste and regenerate and strengthen the self-healing processes inherent in the organism. All nutrients of the old and new nutritional classifications are intact in these two food groups.
3. *Static* or life-slowing foods are all the cooked, denatured, unfresh. foods which create an increase of leukocytes in the stomach and /or intestines during digestion. The body's defenses are weakened as a result of each cooked meal. These foods have no potential for creating new or sustaining present life.
4. *Acid* or life-destroying foods contain harmful additives, chemicals, adulterants, pesticides, preservatives, etc. These foods are proven carcinogens and are responsible for much disease and death. The denaturing process extracts natural substances and replaces them with synthetic adulterants, disturbing the biochemical balance of the food. When consumed, synthetics disrupt the life-generating and life-sustaining processes of the organism. Such shock adds further damage to the life-process. The increasing presence of synthetics in normal foods are contributing to a long list of degenerative diseases.

Foods must be living, and there shall not be a time lapse between the still-living plant organism and its ingestion in still-living condition into the human organism. This is why, according to the Plinius manuscript, the Essenes ate directly the still-growing sprouts, baby greens, vegetables, and fruits, in all their life-generating and life—sustaining potential. There was no storing, no processing, no preserving, no canning, and no freezing. These foods went directly and instantaneously from the soil or tree to the mouth.[10]

A LIVING RIDDLE

What is alive and is an edible plant that will grow in any climate, rival both flesh foods and store-bought produce in nutritional value, matures in three-to-five days, may be planted anytime, requires neither soil, nor sunshine, rivals oranges and tomatoes in vitamin C, has no waste, can be eaten as is without preparation, is digested with little effort, costs less than any other foods per food value dollar, lasts several days without refrigeration, has been eaten for thousands of years and cannot harm the body when eaten in abundance?

THE SEED OF LIFE

A seed is the very core of life. It is a concentrated storehouse of energy and nutrients. Its food is held in reserve awaiting a suitable environment to begin growing. When conditions are met, proper temperature, oxygen, and moisture, the miracle begins to happen. An incredible flow of energy is released. Natural chemical changes occur. Starches are converted into simple sugars. Proteins turn into simple amino acids, oils are changed to soluble compounds, and other vitamins are produced. All of these are nutrients that your body can easily digest.

As the sprout grows, enzyme activity reaches its peak in two-to-seven days. Enzymes are protein substances, which activate and regulate all chemical processes in our bodies and thus produce the 'chemistry of life'.

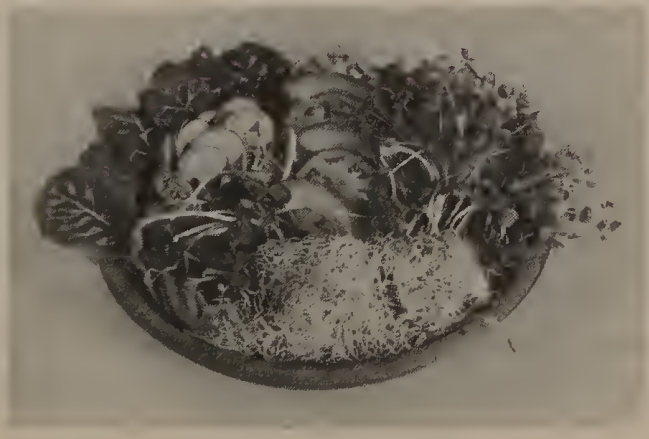
THE VALUE OF SPROUTED SEEDS

ENZYMES IN SPROUTS

The seed is a storehouse of food energy intended for early growth and development of the new plant. The chemical changes that occur in the sprouting seed, activate a powerful enzyme factory, never to be surpassed at a later stage of growth. The sprouts are predigested foods. The rich enzyme concentration can lead to heightened enzyme activity in your own body metabolism, thus leading to regeneration of the bloodstream.

A few orthodox nutritionists maintain that enzymes from vegetation are unnecessary because the human body makes its own and that they have no favorable effect on metabolism. However, other experts present substantial proof that enzymes are very important in human diet. New evidence indicates that both vitamins and minerals must be bound up in enzyme complex, such as is the case in chelated minerals, in order to be beneficially effective.

Tom Spies, M.D., strongly emphasizes the need of natural foods in one's diet for optimum health: *The respiration and growth of cells involve the synthesis of complex substances from simpler chemical compounds. By means of substances called enzymes, the cells are able to perform these functions without increased temperature and pressure. Enzymes are catalysts produced by living cells from combinations of organic substances, including the vitafactory, never to be surpassed at a later stage of growth. The sprouts are predigested foods. The rich enzyme concentration can lead to heightened enzyme activity in your own body metabolism, thus leading to regeneration of the bloodstream.*



By means of substances called enzymes, the cells are able to peform these functions without increased temperature and pressure. Enzymes are catalysts produced by living cells from combinations of organic substances, including the vitamins. These enzymes retain activity even when separated from the living cell. When a dietary deficiency of vitamins has existed over a long period of time, a biochemical lesion developes in the cell, often severe enough to cause functional disturbances. If the deficiency is not corrected, these disturbances become more widespread and eventually give rise to an infinite variety of symptoms, forming a complex clinical picture. Finally, severe or persistant alterations lead to structural changes in the tissue and ultimately the diagnostic lesions of a deficiency disease are likely to appear. The complexity of the subject is greatly increased by the fact that the several groups of the various vitamins usually occur together in nature, and the failure to provide one usually results in failure to provide many. Then, one has arising from a dietary fault, innumerable vague, indefinite symptoms coming from cells affected because a number of catalysts are not working efficiently.

Often isolation and synthesis of a new vitamin shake the structure of medical theory to its foundation, and usually bring new hope to the sick and afflicted. Unfortunately, the application of these findings with vigor and enthusiasm has led to thinking too much in terms of isolated vitamin deficiencies, although every method of study has indicated the predominance of mixed, rather than a single deficiency of elements essential for life and well-being.[11]

VITAMINS IN SPROUTS

Vitamin values increase tremendously during sprouting. Several studies have demonstrated the rapid synthesis of vitamin A and C in a germinating seed.

Studies in India showed that the eight legumes and two grains studied, all had a significant increase in carotene, or vitamin A precursor, during sprouting. Wheat; when sprouted for a few days, doubles in carotene content. In wheatgrass, carotene content may reach 75,000 IU per pound, twice that found in carrots.[12]

Dr. Burkholder of Yale, in Science, states: *Germinated peas and buckwheat showed gains in pyridoxine and folic acid, ranging from*

3 to 10 fold and smaller increases in pantothenic acid. The data obtained thus far, strongly supports the view that many seeds gain in vitamin content during germination. The common use of sprouted seed of Oriental people in diet, rests on sound nutritional content of such material. He concluded, *If the food value of germinated seeds is to be judged by their content of vitamins and readily available amino acids, then it appears that the common use of sprouts in the diets of Oriental people rests on a sound nutritional basis and should be introduced on a wide scale among occidentals.*[13]

VITAMIN B-12 IN SPROUTS

One major criticism of vegetarianism is the so-called 'dietary absence' of the antipernicious vitamin, B-12. The same critics overlook the fact that B-12 is heat sensitive and more than 85% of its effectiveness can be destroyed by cooking. Since no one eats raw meat, it's a wonder more people don't suffer from pernicious anemia. And how about the world's billions of vegetarians?

New evidence concludes that the ultimate source of all vitamin B-12 is a certain bacteria. It seems that vitamin B-12 needs of humans and animals is adequately supplied by the intestinal tract bacteria. A special tapeworm which feeds on B-12 is cultivated in fish and animals for production of supplemental B-12. The worms are powdered and sprayed on cereals and other foods. The main causes of vitamin B-12 deficiency are as follows:

1. A thick coating of mucus and slime along the intestinal tract, which reduces permeability to all vitamins and inhibits overall digestion.
2. Rapid and sustained growth of putrfactive bacteria due to bad food combining, processed foods, excess eating and poor elimination.

The most pronounced effect of B-12 deficiency is extreme sensitivity to heat and cold. Slightly cool or warm water creates a pins and needles' sensation on the skin. These symptoms have been observed by the author and friends.

The common cause was dietary abuse. The condition was corrected in a few days by following good food combining, eating only when hungry of low protein living foods and increasing the intake of rejuvelac, greens and sprouts and their juices in the diet.

The experience at Hippocrates Health Institute, as well as the clinical studies in medical journals, summarized by Viktoras Kulvinskas, points to the ability of successfully treating anemia with chlorophyll rich juice. The chlorophyll treatment also gives successful results with pernicious anemia.[14]

Sprout users are further guaranteed more than full quota of vitamin B-12 from sprouts. A daily serving of several cups of sprouts along with the use of spirulina plankton as a condiment, will supply more than the known daily requirement of this vitamin.

However, the best source of vitamin B-12 is the intestinal tract bacteria. They will be the major source nutrient as long as one follows good eating habits which discourage the growth of the putrefactive intestinal bacteria.

CHELATED MINERALS IN SPROUTS

The binding of an inorganic mineral to an organic molecule is the process known as chelation. An example of chelation is an amino acid. A shield is built around the mineral, protecting it from chemical reaction within the intestines. Chelated minerals are more easily absorbed and used in the body.

Chelation can be observed in nature. Only recently it has been applied in the health food industry. Hemoglobin of the blood, chlorophyll in plants and most enzymes in living food are chelated compounds.

Many important dietary minerals can be lost be either forming compounds, which the body cannot utilize or by having the minerals stick to the intestinal tract due to the electrical polarity.

However, when the minerals enter the body in a chelated form, i.e. bound to an amino structure, they are relatively stable, which prevents the minerals from forming new compounds with other nutrients and from sticking to the intestinal lining.

Sprouted seeds, grains and beans are the best source of natural chelates. During germination, the complex proteins of seeds are broken down into amino acids. The amino acids are linked up to a mineral and a vitamin, forming a natural chelate, called an enzyme.

FAT IN SPROUTS

Fats and oils are converted into more simple fatty acids by the action of lipases during sprouting. During the process, the disappearance of fats is accompanied by the appearance of carbohydrates. The breakdown of complex fat structures improves the nutritive value of sprouts over seeds. The elimination of the complex fats increases the digestibility of sprouts over seeds. Sprouts supply the 'essential' fats needed by the body beyond minimum requirements.

PROTEIN IN SPROUTS

One scientific method of testing foods for complete proteins is through biological studies using animals (or by observing cultural diet patterns of humans) who eat a controlled diet. If adequate protein is present, then the researchers expect a normal growth rate, absence of classical protein deficiency diseases, longevity pattern of that species and healthy reproduction for at least several generations.

Dr. Francis Pottenger, Jr. had found *sprouted grain to be a complete protein in an animal test, completely servicing the reproductive function through generations*, he had found sprouted legumes and grains to contribute enough first quality protein to be classed as complete. Likewise, Dr. C.F. Schnabel showed grass is adequate in providing all needed nutrients, including protein, in animal experiments.[15]

Proteins are converted into amino acids and amides during sprouting. In germination of a seed, the amino acids are freed, but are not destroyed as in cooking, from their protein structure. This means that any seed containing all the amino acids that were in the original seed will also be a complete protein in the sprouted form. The protein is less dense due to the diluting effect of water. The breakdown of complex protein structures improves the nutritive value and digestibility of sprouts over seeds.

SIMPLE CARBOHYDRATES IN SPROUTS

Wheat is one of the world's staples. In three days of sprouting, its weight doubles as it develops a sweet taste. Much of the original

starch has been converted into simple carbohydrates (or the simple sugars, glucose and sucrose).

During the sprouting process, much of the starch in seeds, grains, beans and peas are broken down into simple sugars by the action of amylase. This makes sprouted wheat a quick energy food. The breakdown of complex starchs in seeds, grains, beans and peas during sprouting, increases their nutritive value and digestibility.

SPROUTED WHEAT

Wheat has been termed by many as the 'staff of life'. When it is cooked, it becomes for many, the 'staff of death'. Living, sprouted wheat contains the eight essential amino acids or proteins needed by the body in an easily assimilable form. It also contains more vitamin C than oranges and vitamin E. Its minerals are more plentiful and more easily used by the body than those in milk. It has proven anti-cancer qualities.[16]

Wheat sprouts are used to make milk, rejuvelac, blended with raisins to make cereals, in salads and sunbaked bread. It is an important winter food for cold climates.

SUNFLOWER

The use of sunflower seed for sprouting and growing greens is becoming increasingly popular among health-minded families. Sprouted, it become a vitamin rich meat substitute, costing one quarter the price and supplying more protein that can be used by the body. It is a good source of vitamins especially D and B-complex and minerals, especially potassium, calcium and iron. When grown for greens or sprouted with alfalfa for seven days, they become a rich source of chlorophyll.

Sunflower sprouts are used to make milks, protein ferments, loaves, sauces, in salads and for snacks. Soaked sunflower seeds in a bag are a great travel companion. Sunflower greens are used for salads and juicing, after the hulls fall off and the leaves become green.

BUCKWHEAT GREENS

Buckwheat has been used by Europeans for centuries. It is also grown in America, but has not yet gained much popularity here. When grown on soil for seven days, buckwheat becomes a superior salad lettuce. Its stems grow rich red in color and its leaves a dark green. Buckwheat lettuce is a rich source in rutin, a blood builder, and lecithin, a natural fat and important artery cleanser and brain food. When green, it contains an abundance of fresh rich chlorophyll, vitamins and minerals.

Buckwheat is an essential ingredient of the Life Force program. We use it in salads and in green drinks.

ALFALFA SPROUTS

Alfalfa sprouts are one of the most nutritious foods in the world. The roots of the alfalfa plant often go as deep as fifty feet into the earth to gather trace minerals from the soil. It is a rich source of all the vitamins A, B, C, D, E, F, and K, minerals and amino acids. After seven days growth, the leaves of the sprouts become green and their nutritive value increases even more.

Alfalfa is the queen of sprouts, the most popular sprout used by Americans. One pound of seed makes approximately eight pounds of sprouts in five days. It is very economical, being many times more nutritious and less expensive than store-bought produce. We use alfalfa as snacks, in salads, loaves, soup and for juicing.

MUNG BEAN SPROUTS

Mung bean sprouts have been used in the Orient for centuries. The Chinese brought them to America, where they have become popular. They are often found in supermarkets and restaurants. Mung sprouts are rich in vitamins A, C, and B-complex. The starch and protein in the bean is converted into simple sugars and amino acids in the sprout, which are easily used by the body. They also quadruple their vitamin content during the sprouting process.

These beans are sprouted without sunlight. One pound of dry beans makes eight pounds of sprouts in four to five days. They are an anti-inflation meat and produce substitute, all-in-one. We use them in salads, loaves, and green drinks.

LENTIL SPROUTS

Lentils are one of the most ancient beans on the Earth. They are a major staple food in the East. Cooked lentils can be acid forming and flatulence promoting. When sprouted, they are rich in vitamins, minerals (especially) and amino acids.

Lentil sprouts have an 'earthy' texture and flavor. We use them in salads, loaves, sauces, and for juicing.

FENUGREEK AND RADISH SPROUTS

Fenugreek is an ancient seed grown in North Africa and the Middle East. It has been used in cooking and as a tea. When sprouted, they add spice to the table. Herbalists tell us that sprouted fenugreek are blood purifiers and aid the cleansing and function of the liver and kidneys. We use them in salads, loaves and juices.

Radish sprouts pep up any salad; used moderately, they act as blood cleansers and heat producers. After seven days growth, the leaves become filled with chlorophyll. We use 'red hot' radish sprouts in salads, loaves, sauces and green drinks.

CHICK PEA SPROUTS

Chick peas or garbanzo beans are popular among Middle Eastern people. They are grown here in America also. They are a complete protein sprout, most easily digested when sprouted and fermented for a short time.

Chick pea sprouts are crunchy and delicious. They are a Sunday favorite at the Institute. We make dips, sauces and ferments with them and use them in salads as well.

CHLOROPHYLL, THE ALL PURPOSE HEALER

When freshly made in a drink, it (chlorophyll) contains synthesized sunshine, plus the electrical current necessary for the revitalization of the body, and it will open areas of the brain, that man yet knows nothing about. [17]

Dr. George Crile, M.D., stated at a medical convention that in the future man will use the sunshine element of plants to rejuvenate the

human body. The sunshine element of plants has been identified, it is chlorophyll.

Chlorophyll is a protein found in all plants. It is the blood of the plant. Hans Fisher, Nobel Prize winner in 1930, and co-workers established the structure of hemin (a component of hemoglobin) by synthesis and compared it to chlorophyll. They observed a marked similarity. The only apparent difference was in the central atom of each. Hemin's nucleus was composed of iron, while that of chlorophyll was magnesium.

Hughes and A.L. Latner, University of Liverpool Scientists, performed five experiments with chlorophyll and rabbits. The rabbits were made anemic by daily bleeding and were then given different dosages of chlorophyll. The results showed the following:[18]

1. Large doses of pure (synthetic) chlorophyll had no effect on the speed of the blood regeneration.
2. Small doses of pure chlorophyll increased hemoglobin regeneration to approximately its previous level.
3. Crude chlorophyll (as found in nature) is effective and not toxic. Even when dosage varied small to large.
4. The induced anemic condition of many rabbits was restored to normal in 15 days.

The mice were able to convert chlorophyll into hemoglobin. This experiment showed that crude (fresh) chlorophyll juice was effective in correcting the anemic condition of the mice. It also supports our belief that large doses of processed chlorophyll supplements have little or no value to the body and may have toxic side effects, like any drug.

Viktoras Kulvinskas in his text, *Survival Into The Twenty-First Century*, has researched the benefits of chlorophyll in scientific studies. Here are a few key findings: *Chlorophyll has proven therapeutically effective in a wide rang range of disorders: external and deep internal infections, such as sinusitis, osteomyelitis, pyorrhea, peritonitis, gastric ulcers, chronic diseases such as anemia, arteriosclerosis, and mental depression.*

In July 1940, the first comprehensive report on the therapeutic use of chlorophyll was published in the American Journal of Surgery. Under the auspices, and with testimonials by many distinguished doctors, the green pigment was described as an important and effective drug.

Some 1,200 cases ranging from deep internal infections, such as brain ulcer and peritonitis to skin disorders and pyorrhea had been treated and documented; after treating with chlorophyll, doctors were able to close their reports with: 'Discharged as cured'.

Ulcerated varicose veins, osteomyelitis (a serious bone infection), skin disorders and various types of infected wounds have been cured and healed. Applied locally in numerous cases of mouth infections, such as Vincent's angina and advanced pyorrhea, the results were immediate and positive. 'The gums tightened entirely'.

Other teams of specialists reported results just as favorable. Dr. Burgi and his co-workers used chlorophyll in the treatment of anemia, tuberculosis, cardiac disease, arteriosclerosis and mental depression because of its 'tonic' effect.

Drs. Rafsky and Krieger reported a case study of twenty patients with colon disorder, several of whom had ulcerative colitis, The method of treatment employed was as follows: Rectal installation of various dilutions of chlorophyll solution as retention enema once daily, patient instructed to retain fluid as long as possible. No evidence of irritation resulted from the treatment and the solution as a rule was retained for several hours. When the patients began to improve, they were able to retain the chlorophyll solution overnight. Definite improvement was seen in the majority of cases.

Can there be such a beneficial tonic, completely safe, without side reactions? Toxicity studies have shown that chlorophyll is absolutely non-toxic when administered parenterally (intravenous or intramuscular) or by mouth to animals and humans.

Dr. Lawrence Smith, Professor of Pathology, reports in his study on the effect of water-soluble chlorophyll preparations on cultures of various of the more common pathogenic bacteria. The results tend to support the premise that chlorophyll acts to reproduce an environment unfavorable to bacterial growth rather than to act directly upon the bacteria themselves. It protects us against germs.

Rapp and Gurney, as quoted by Offenkrantz, at Loyola University, established that water-soluble chlorophyll inhibits the action of proteolitic (breaking down of protein into simpler sugars) bacteria and enzymes. Hence, when taken internally, via mouth or rectum, it inhibits the putrefaction of protein by some of the bacteria commonly found in the digestive tract of meat eaters.

Considerable evidence is being accumulated, which indicates that

a chlorophyll rich diet can effect the survival of experimental animals undergoing lethal doses of radiation. In 1950, Lovrou and Lartigue reported that green cabbage supplements increased the resistance of guinea pigs to radiation. Further studies by Duplan with green cabbage, Spector and Colloway with broccoli, and Colloway, et al with brocolli and alfalfa, indicated that certain plants may reduce the effect of radiation of guinea pigs.

In the experiment, every animal which received no greens died within 10-15 days, while mortality among the greens eaters was only about half as great during the same period. Daily, we are all exposed to low level radiation from many sources. Chlorophyll rich foods should be included as part of protective living.

Many of the Earth's most powerful animals like the elephant, steer, horse, elk and others grow strong and healthy on nature's grasses. They live long lives, without disease.

Chlorophyll juice is liquid oxygenated sunshine. Oxygen and sun-starved city dwellers fall most easily to anemia. The oxygen content of the body is about 60% and the brain requires more oxygen than any other part of the body. Brain cells die rapidly when deprived of oxygen. Chlorophyll supplies liquid oxygen to the blood and cells of the body. This may explain the increased mental alertness and overall feeling of vitality reported by users.

THE MIRACLE OF GRASS

Fifty million years ago
Our guardian angel, the grass
Arrived to our planet—
To make life possible
And to prepare the Earth
For the human race...

Edmond Bordeaux Szekely

The existence of green grasses on Earth has made life for humans possible. About 50 million years ago, the emergence of grass created a major reorganization of the animal world. The grass spread over the face of the globe and those animals that could take advantage of it thrived.

There are some 4,700 known varieties of grass on the planet and all of them are edible.[19] It is known that grazing animals live on grass alone. Grass is the only vegetation on the face of the Earth that will healthfully support an animal from birth to a prime old age. These same herbivores will die in a short time, when fed only green leaves as a substitute for grass. Grass is the single most important nutritional vegetation on Earth.

Grass reaches its optimum nutritional value in 6 to 20 days. If it is cut before this time, it will grow up again; but if cut after that time, it will die. Grasses reach their peak in food value, the day the first joint begins to form. At this stage in growth, grass is the richest natural source of both vitamin A and vitamin C.

In the reference book, *Metabolism*, we see that grass from wheat, contains twice as much vitamin A per pound than carrots. In the same book, separate studies by Sprague, Crampton and Harris conclude that wheatgrass is an excellent source of calcium, chlorine, iron, magnesium, phosphorus, potassium, sodium, sulphur, cobalt and zinc.

Dr. Burkholder, a Yale University researcher, states that grasses are a super rich source of B-vitamins.[20]

Green leaves of young wheat, barley, corn and oats grown outdoors in soil, indicated the presence of rich stores of B— vitamins in these materials. The thiamine and riboflavin contents of young barley and wheat leaves were particularly striking in comparison with the amounts present in the dry grains. On a dry weight basis, there was more than double the amount of thiamine and about 20 times more riboflavin present in the young green leaves than in the dry seed.

Dr. Ernest Krebs, cancer and laetrile researcher, found the laetrile content of seeds to increase over 100 times their value when sprouted. Wheatgrass sprouts and many other whole foods are recognized as high sources of vitamin B-17 or laetrile. Wheatgrass juice is popular in many of today's alternative cancer therapy programs.

The juice of wheatgrass contains up to 70% chlorophyll. Dr. Earp Thomas, scientific researcher, considers wheatgrass chlorophyll, *the richest nutritional liquid known to man.*[21] It is fast becoming the world's greatest cleansing, building and rejuvenating food. Wheatgrass is a high chlorophyll, high vitamin, high mineral, high

enzyme, low fat, low protein, starchless liquid-food. It is chosen above all other chlorophyll rich greens for these reasons.

THE USES OF CHLOROPHYLL

The use of chlorophyll was popular in America in the early 1900's. Its popularity had diminished over the years. Today, a new interest has developed. There are hundreds of dried, bottled and powdered chlorophyll supplements and it is used as an ingredient in many more. We recommend the use of only freshly squeezed or pressed chlorophyll preparations. Like all other foods, chlorophyll loses its vitality when processed. We use only fresh organically grown chlorophyll sources, wheatgrass is at the top of the list. Wheatgrass/chlorophyll juice has unlimited applications. Here are a few important uses of fresh organic wheatgrass and its juice:

1 Orally

1. As a blood purifier
2. As an internal body cleanser
3. As an internal cell and body builder and regenerator
4. As a proven preventative and protective medicine for every part of the body
5. As a vitamin, mineral, enzyme supplement
6. As a digestive aid
7. As a weight reducer
8. As a pain reliever

2 Externally

1. As an implant for cleansing and rebuilding the colon
2. As a douch for vaginal infection and/or tumors
3. As a skin and scalp cleanser, shampoo and refresher
4. As a disinfectant and poultice for infections, external ulcers, cuts, burns, tumors, bruises, boils and other skin troubles
5. As a breath refresher, toothache reliever, sore throat aid and for gum problems
6. As an eye wash (strained), earache reliever, nasal decongestant and cleanser

7. As a food and overall body toner when rubbed on the skin or implanted in the colon

3 Other Uses

1. A tray growing by the bed, as a sleep aid
2. As a neutralizer of radiation from TV's x-rays, air and water contamination and other household appliances and machines
3. As a water purifier when added whole to chemicalized municipal waters
4. As a generator of health-giving negative ions
5. As a healer of sick animals
6. As a remover of heavy toxic metals and drugs from the body from pollution, medicines and poor living habits

JUICING AND THE LIFE FORCE PROGRAM

Liquifying and juicing are two different things. Liquifying is blending the fruit or vegetable to a liquid form. Juicing is separating the juice from the cellulose or pulp in the fruit or vegetable. Juicing gives you only the liquid from the fruit or vegetable.

The people of days gone by, used a limited amount of fresh juices. Most of them have been used to make alcoholic beverages. Today with the dangers of pollution all around us, we use juices as a therapeutic means to prevent pollution from disrupting our basic health functions. Our bodies feel the effects of a polluted world. Juices, especially the green drinks and grass, are our daily medicine/food. A pint a day will keep us healthy in everyway. Here are a few reasons why juices are important, today:

1. People with weakened digestion, due to disease or old age, cannot digest the cellulose in a lot of raw fruits and vegetables easily. These people can digest juices, the essence of the fruit, vegetable, grass, weed, or sprout, in minutes.
2. Fresh juices are packed with liquid sunshine; vitamins, minerals, enzymes, sugars and amino acids, which are quickly used by the body for energy without creating a burden on the digestive functions.
3. Juices, being liquid, aid the flushing of toxins from the body.
4. Fresh juices of fruits, vegetables, grasses, greens and sprouts

alkalinize the overacid, toxic body of a food abuser, giving the cells new life.

5. Juices, especially green drinks, add valuable oxygen to the cells of the body for use in cleansing and rebuilding.
6. Juices used for therapy, rest and rejuvenate the digestive tract, restoring its strength; enabling it to digest nature's simple living foods again.
7. Natural fresh raw juices taste great while supplementing our body with the 'vital elements' needed for life. We use a juice cocktail or green drink ½ hour before meals. See the recipe section for juicing ideas.

THE GOLDEN RULES OF A PERFECT DIET

1. Eat an abundance of raw sprouts, greens, vegetables and fruits, everyday. Grow most or all of these foods yourself. These foods are rich in vitamins, minerals, proteins and life force for regenerating the cells, tissues and blood of the body. These foods also protect us against deterioration of the basic biological functions of the body.
2. Eat only uncooked, unprocessed, organically grown, fresh foods. These foods contain optimum nourishment with little or no waste by-products.
3. Eat foods locally grown, in season, as much as possible. Choose what is most plentiful in the market. Adherence to this rule will balance the body with its local environment.
4. Eat simply. Use less than five kinds of food at one meal. Avoid too complicated combinations. This practice eases the digestive burden, allowing the body to use the food more efficiently.
5. Do not use the foods mentioned in Column 8 of the Food Chart and those mentioned earlier in this chapter.
6. Eat between 2-3 pounds of food and drink per day or less, if sedentary. Laborers may require 3-4 pounds or less, including drinks. Eat according to your needs, mode of life, season or local climate conditions. Overeating causes accumulations of waste in the body. Bodily wastes can create harmful fermentations, stressing the heart and circulation (most people die after a big meal) and can cause an overweight problem. Those people who exceed the 100 year lifespan, all have a ration of between 2-3 pounds per day. More Americans die of overeating than of starvation.

The body requires less food when it is of superior quality and freshness. Choose your food for quality and not quantity.

7. Eat only 2 or 3 meals per day, according to your own needs and mode of life. Eat little before noon, allowing the body to rest and eliminate previous meals. If possible, take the main meal at noon, when the sun's activity is the strongest, aiding digestion. Take regular meals when hungry and cut out snacking. Continuous eating creates fermentations and over-acidity of the blood may result. Note: During the cleansing period (first 3 months), you may use more weight in liquids to obtain the beneficial flushing and cleansing they offer. After this period, resume eating and drinking normal amounts. (Excess liquids on a continued basis may effect the proper functioning of the kidneys.)
8. Masticate all foods thoroughly, 'chew your juice and drink your food'. Put a little food in the mouth at a time and chew it until it is reduced to a liquid (usually 30-40 times). Mix all food and drink thoroughly with saliva before swallowing. No drinking at meal-time. Drink at least 30 minutes before or 2-3 hours after a meal. Foods unchewed and swallowed without saliva, ferment, creating indigestion and a perfect nest for malignant bacteria.
9. The key to enjoying food is: Only eat when hungry. Learn to eat simply, using no more than five foods at a meal. Ask yourself why you feel the need to eat. If you are truly hungry, your stomach will respond quickly.
10. Only eat when experiencing a state of calmness. Eating when tired, emotionally upset or under mental pressure, disturbs proper digestion. When you are 'at odds', your entire automatic body function is off. Eating then, only complicates matters further. Refresh yourself before eating, if necessary, with a rest, walk, reading, exercises, etc. Allowing yourself to reach a relaxed state before sitting down to eat.
11. Periodically fast on green juices and rejuvelac for a day or two. Fasting is an efficient eliminator of waste matter and a great force for rejuvenation. During fasting or physiological rest, the body directs its attention away from digestion, towards cleansing and balancing. Lengthy fasts on water and other liquids are not used by the Life Force program. The slow easy road to health gets you there in better shape, avoid extremism. Read more about this valuable science.

COMBINING LIFE-FORCE FOODS FOR HEALTH

To most, food combining is a simple matter Just eat what you want, with whatever you want, when you want. This oversimplified view holds some truth. The largest selling over-the-counter drugs are the alkalizers; such as Tums, Rolaids, Alka-Seltzer, etc. The sellers proclaim fast relief for upset stomachs and associated pains.

The poor stomachs of millions are upset daily. After each meal they alert the owner of the condition by pains and the blase feeling. Do any of them wonder why? Poorly mixed combinations of poor quality 'dead', life-destroying foods are bolted and washed down with artificial, chemicalized beverages. Many take their worries and pressures with them to each meal, creating further digestive havoc.

The body, not able to handle all the different foods at once, desperately tries to eliminate them before they rot and poison the person. The mess begins to ferment in the stomach at once, creating gas pains, belching and flatulence.

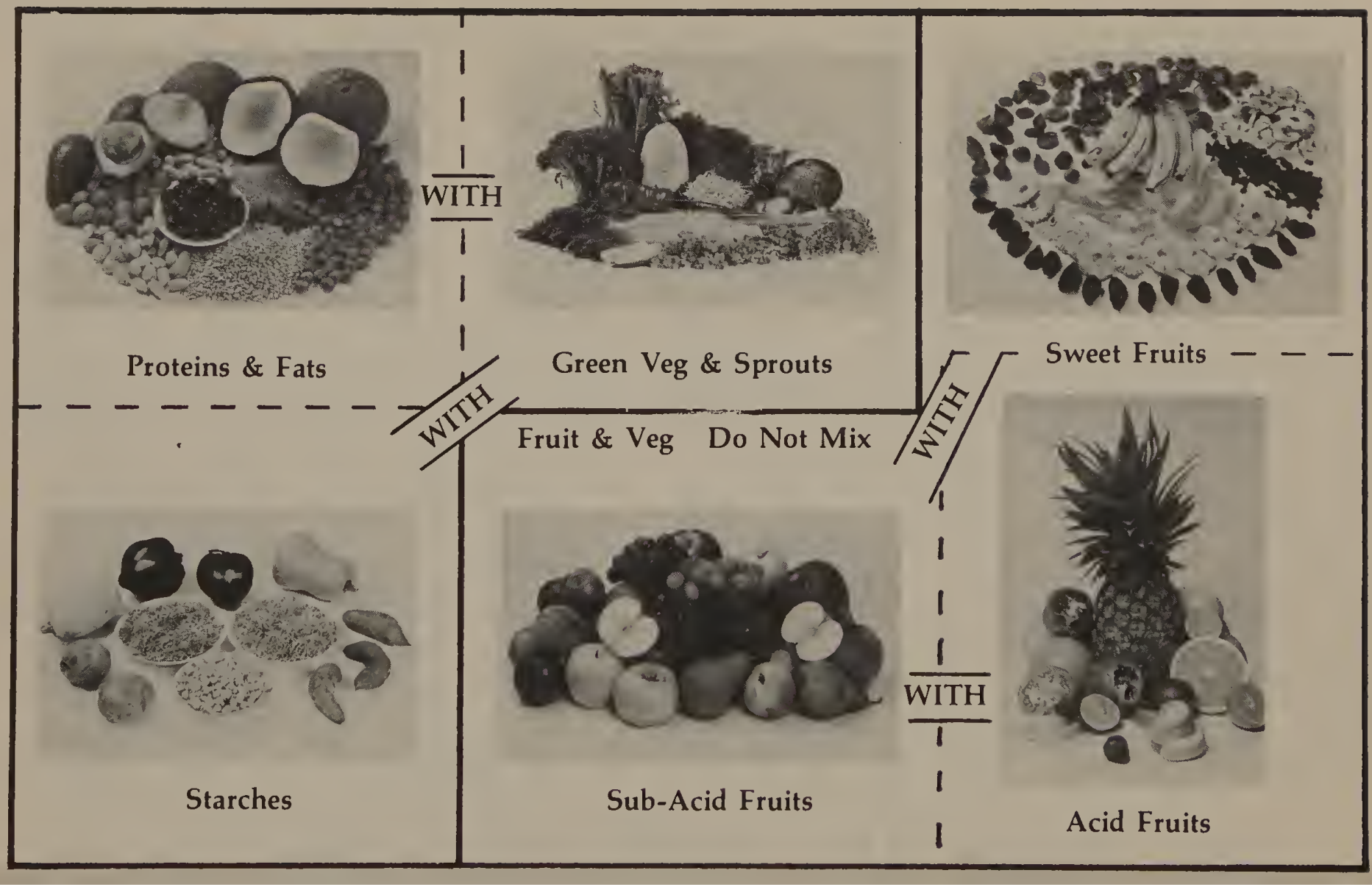
The fermentation/decomposing process creates carbon acid gasses and wastes, alcohol and other poisonous substances. These pollutants are absorbed into the bloodstream of the body creating excess blood acidity, weakening the digestive system further. With each meal Americans are literally eating themselves to early death and disease.

Animals in the wild eat very simply of only natural foods. As a rule, centenarians living under semi-primitive conditions eat simply. Their meals almost always consist of less then five different foods. They do not suffer from chronic digestive upsets and have no use for 'alkalizers'.

The use and proper combining of Life-Force foods help to normalize digestion. The principles of good food combining are simple and easy to remember. They are based on the same natural laws which build health and long life for the simple people of Hunza, Pakistan, Villa Cabamba, South America, and Georgia, Russia.

The simplified food combining chart and the detailed explanation which follows, explain themselves. These are not intended to be ultimate 'musts' to combining food, but only guidelines that have been proven helpful to others.

Listen to your body, combinations of foods some thrive on may leave others uncomfortable for a short time. Nature's foods are more compatible than man's denatured foods. After a few weeks, taste buds adapt to and accept with eagerness even the most simple foods.


Proteins & Fats
WITH
Green Veg & Sprouts
Sweet Fruits
WITH
WITH
Fruit & Veg Do Not Mix
Starches
Sub-Acid Fruits
WITH
Acid Fruits

DETAILED EXPLANATION OF THE FOOD COMBINING CHART

The chart is very simple. It is in two parts, the green section and the yellow section. The green is composed of proteins or starches with vegetables or sprouts. The yellow part is all the fruits, sweet or acid and sub-acid. Fruits and vegetables are a very poor combination.

The green section explains that proteins mix best with green vegetables and sprouts. Starches also mix best with green vegetables or sprouts, but proteins and starches are a very poor combination. Many foods contain both protein and starch; for example, chick pea sprouts, nuts, seeds, etc. When eaten in proper combination, the body digests the protein in the food first and then the starch without difficulty.

The yellow section explains that acid fruits mix best with sub-acid fruits. Sweet fruits mix best with sub-acid fruits also. Acid and sweet fruits are a poor combination. Melons are eaten with other melons or by themselves. When eating a meal of fruit, eat the most juicy fruits first and end with the least juicy. Eat the first type of fruit and wait a few minutes to eat another type. Natives of Hunza rarely eat more than one fruit at a meal. This is the ideal because the stimulation of new tastes often create a false hunger for more food. Ideally, have your fill of one fruit and make it a meal. Fruit meals wash the stomach clean of food residues left over from the previous meals. We use a light fruit meal at breakfast time or skip it altogether.

Mix no more than five foods from two classifications only. Eat one protein food or one starch food at a meal. Use juices at least one half hour before meals and between meals, if hungry. Take grass juice on an empty stomach, if possible.

Fruit vegetables like tomatoes, summer squashes, cucumbers, peppers, etc., can be best mixed with green vegetables and sprouts. Avocado is a fruit vegetable. It mixes best with green vegetables and sprouts or fruits (sub-acid and acid).

Sweets, like honey, ferment when eaten with almost any other food. Use them in teas, rejuvelac or by themselves.

Be extra careful to avoid these combinations: Protein and starch, oil and starch, sugar and starch, fruit and starch, and fruit and vegetables.

SAFEST FOODS
(To be used in abundance)

Column 1
Salad Vegetables

Alfalfa sprouts*
Artichokes (Jerusalem)
Asparagus
Bean sprouts*
Beans- fresh
Beets
Beet greens
Brussel sprouts
Buckwheat greens*
Cabbage- red & white
Carrots
Cauliflower
Celery
Chard- swiss & greens
Comfrey leaves
Cornfresh sugar
Cucumbers
Dandelion leaf
Dill
Endive
Escarole
Fenugreek sprouts
Garlic
Green peas
Green peppers
Kale
Kohl rabi
Leeks
Lentil sprouts
Lettuce
Mung bean sprouts.
Mustard greens
Okra
Onions
Parsley
Parsnips
Potatoes
Radish sprouts
Radishes
Red peppers
Sauerkraut
Scallions
Shallots
Sea vegetables
Spinach
String beans
Squash - soft summer varieties
Sunflower greens
Tomatoes
Turnip
Turnip greens
Wheatgrass
Watercress
Yams

Column 2
Fruit

Apricots- fresh & dried (unsulphered)
Avocados
Bananas
Blackberries
Blueberries
Cherries
Cherrimoya
Cranberries
Current- dried
Figs- fresh dried & un- sulphered
Grapefruits
Grapes
Gooseberries
Guava
Kumquats
Lemons
Limes
Mangoes
Melons
Nectarines
Oranges
Papayas
Peaches
Pears
Pineapples
Persimmons
Plums
Prunes
Raspberries
Raisins
Strawberries
Watermelons

CONCENTRATED FOODS
(To be used sparingly)

Column 3
Protein & Protein Ferments*

Nuts whole
Butters
Nut Cheese*
Nut sauces*
Nut yogurt*

Almonds
Brazil
Cashews
Chestnut
Coconut
Filberts
Hazel
Peanuts
Pecans
Pinenuts
Walnuts

Seeds-
powdered
butters
Seed cheese*
Seed sauce*
Seed Yogurt*

Sprouts- all
types, seeds,
beans, grains

Pumpkin
Sesame
Squash
Sunflower

Column 4
Starches
mild starchy

(Essene bread
sprouted
(Chick peas-
sprouted)
Grains-
(sprouted)
Potatoes
Yams
Winter Squahes
Sprouted grain
cereal

Column 5
Sweets

Raisins
Figs
Currants
Dates
Prunes
Other dried
fruit
Honey
Maple syrup
Molasses
Sorghum

Column 6
Fats
(Fermented*)

Avocados
Nuts & Seeds:
buttered
powdered
whole
cheese*
sauce*
yogurt*

DRINKS
Column 7
Drinks
(Fermented*)

Apple cider-fresh
Fresh fruit juices
Fresh vegetable juices
Green Drinks
Rejuvelac*
Wheatgrass Juice

Green Drink is made with sprouts, sunflower & buckwheat greens, assorted green leaves & vegetables and sauerkraut (juiced)

HARMFUL FOODS
Column 8
DO NOT USE !

Alcohol
Bread
Cooked food
Dairy products
Denatured foods
Flesh foods- all animal & fish foods
Fried foods
Sugar & refined foods
Foods containing additives

Processed foods
Canned foods
Drugs of all kinds
Salt & condiments
Spices
Pepper
Vinegar
Eggs
Junk foods
Carbonated drinks
All other 'foodless foods'

DETAILED EXPLANATION OF THE FOOD CHART

COLUMN 1 SALAD VEGETABLES

All the green vegetables and other vegetables and sprouts are rich in vitamins and organic mineral salts, the active principles of life. They neutralize and eliminate systemic wastes and poisons. These foods help to tone the colon and keep it free of impacted wastes. Locally grown organic produce in season is best. Grow at least 50% of your food in your home. These foods can be eaten twice a day by all people beyond infancy. They are best taken in the form of salads and juice. Note carefully the necessity of thorough mastication of these foods. All foods in Column 1 can also be juiced for green drinks, use small quantities of a few different vegetables with an abundance of greens and sprouts. Juice a little sauerkraut and add for flavor.

COLUMN 2 FRUITS

Fruits are solvents and are vital to the human system. All fruits should be local, tree ripened organic fruits obtained and used in season. If these are not available, find ripe local fruit and peel or wash with a chemical solvent, like Shaklee Basic H. Almost all fruits have an alkalizing effect on the blood and body. A complete meal of fruits washes the stomach clean, but overeating of fruits can cause excessive fermentation and blood sugar imbalance. City dwellers should only use the best obtainable fruits in moderation. Do not mix fruits with foods in Column 1.

COLUMN 3 PROTEIN AND PROTEIN FERMENTS*

These foods are acid forming, stimulating, nitrogenous foods. They are used for rebuilding the body's cells. Use these foods in moderation, especially in old age. Proteins are best used when the sun is highest in the sky, at noon or evening meals. Nuts and seeds are rich in proteins. Fermented proteins are used more easily and completely by the body. Excess use of proteins can cause sluggishness and mucus accumulation in some and/or over acidity in others. Be moderate with these foods. These foods mix well with foods in COLUMN 1.

COLUMN 4 STARCHES

The body requires only small quantities of starches. Too much starch can cause congestion of the body. Persons engaged in heavy manual labor can use more of these foods. They are best used in moderation by all at noon and evening meals. They should not be mixed with any foods in COLUMN 3 at any time.

COLUMN 5 SWEETS
(Simple Carbohydrates)

Sweets are used by the body for heat and energy. These foods should be used with care in definite moderation. Overeating of sweet foods can overheat the body, cause fermentation and bood sugar complications. Those engaged in heavy physical labor can use more of these foods. Remember, sugar is sugar whether fruit sugar or white sugar. Try to stay away from these foods if you have any tendancy towards blood sugar inbalance until it is corrected.

COLUMN 6 FATS

Very minute amounts of fats are needed by the body. When these foods are used in moderation they supply the body's fat needs.

COLUMN 7 DRINKS

These are very important for those suffering from a health problem. Three green drinks (8 oz. each) can be used daily, one hour before each meal. Juices are assimilated by the body in 20 minutes. Use fruit or carrot juices in moderation and green drinks in abundance. There is no faster way to nourish and strengthen a weakened body. Wheatgrass juice is also mentioned here (see the section on wheatgrass for complete instructions for use). You can use one half gallon of these liquids per day in the summer, less in the winter according to your needs.

COLUMN 8 HARMFUL FOODS

These should be avoided. They contribute to the six major chronic disorders mentioned in Chapter 1. Leave them alone and they will leave your body alone. For optimum health and well-being, discontinue the use of these dead, devitalized, denatured, foodless foods.

CONDIMENTS

Many of these are concentrated foods, use them sparingly.

Kelp- a dried, powdered sea vegetable, dark in color with a salty taste, high in trace minerals.

Dulse- a dried whole sea vegetable, purple color, semi-salty taste, high in protein and minerals, noodle texture.

Arame- a dried whole sea vegetable, dark brown color, high in minerals, spagetti texture, great taste.

Spirulina- sea plankton dried and powdered, deep green color, highest food on Earth in protein, minerals and B-12, best condiment.

Tamari- liquid, soy derived, dark salty seasoning, good taste, salt added.

Mineral Bouillion- Dr. Bronner's or other brand/soy derived liquid seasoning. Has a salty flavor. Better than tamari, no salt added.

Mineral & Vegetable Salts- powdered vegetable and herb seasonings, many different varieties, choose one you like, use in moderation.

Nutritional Yeast- not preferred due to fermentation, digestive problems reported by users.

Various Herbs- many to choose from, try some of the more common ones, sprinkle on food, add to sauces and ferments.

EQUIPMENT FOR THE LIFE FORCE KITCHEN

This section gives examples of equipment used to set up the Life Force program at home. All the products listed have been used by the Hippocrates Health Institute (HHI). There are many other fine machines available on the market. Shop around for the equipment that best suits your needs. Prices will vary according to the supplier. Inquire about current prices and special membership discounts offered by the HHI on all equipment for living foods preparation.

We have listed the quantities of all the items, based on a family of four. Remember, these are only guidelines that we have derived from our experience and that of others, like yourself. You may wish to use more or less of the equipment we have listed, to suit your needs.

FOR SPROUTING

1. Wide-mouth glass jars- 2 one-gallon size and 2 half-gallon size, with nylon mesh screening cut for covers and rubber bands to hold them on.
2. One dozen Life Force sprout bags.
3. Sprout rack with drip drain (see kitchen set-up)
4. Small plastic paint bucket or pan for dehulling sprouts.
5. Dish drain rack for draining bottled seeds.

FOR PLANTING AND GROWING

1. Cafeteria trays- 2 dozen, 14x18 plastic serving trays and 1 dozen, 10x14 sized trays. Trays are available through restaurant supply dealers or through HHI.
2. To start- 25 gallons of planting soil (regular garden soil mixed 50-50 with peat moss or compost) in a plastic or galvanized garbage can.
3. Five more ordinary sized, heavy duty garbage cans with holes drilled all around them for composting used mats and kitchen scraps. You can buy ones with wheels for easy handling (available at Sears).
4. Growing rack of wood or steel (see kitchen set-up). Super Erecta shelving is good (available at houseware stores).
5. Watering can.

NECESSARY ITEMS FOR FOOD PREPARATION

1. Slow turning juicer for above ground vegetables, grass, weeds and green drinks. (Wheateena Electric or manual Chop-Rite juicers are available through HHI). Check locally for others.
2. Blender- a good quality multi-speed blender is one of the most frequently used pieces of equipment in the Life Force kitchen.
3. Bowls, knives and a good cutting board.
4. Four Life Force sprout bags for seed cheese preparation. Available through HHI.

OPTIONAL ITEMS

1. Water filter- there are many units available for use at home and on the road. We like the Bon-Del countertop and portable units best. These filters are available through HHI or through a local distributor.
2. A water distiller- contact a local distributor or HHI.
3. Seed and grain food grinders- we use the Corona Mill at the 'Mansion' to grind wheatberries for rejuvelac-method number 2. They can also be used for making vegetable loaves, dried fruit/-nut candies or for grinding nuts and seeds. These are available in manual or electric modes. Available at health food stores, department stores or HHI.
4. Fruit and vegetable juicers- there are many types of juice extractors available at different prices. We use three of them at the 'Mansion'. The Champion multi-purpose machine for extracting juices, making nut butters, vegetable loaves and spreads, dried fruit candies, seed milk, etc. It is the most importnat piece of optional equipment available for the Life Force program. The Acme is an excellent juice extractor for fruits and vegetables. We use this machine for juicing only. The K and K Triturator and vegetable press is one of the finest juicers available. It is expensive and is therefore best for frequent users. Think of it not as an expense, but as an investment.
5. Tight fitting containers for seeds, herbs and refrigerator storage.

SPROUT A GARDEN OF LIFE

HOW TO SPROUT

Almost any seed, grain or legume can be sprouted, although some are tastier than others. Try them all! Seeds can be found in most natural food stores. Be sure that the seeds or grains have not been chemically treated. If they have been, the germination rate will drop. Broken or chipped seeds also will not sprout. One ounce of dry seed equals about one cup of mature sprouts.

Basically, care of sprouts means keeping them moist and providing adequate drainage. Your sprouts will mature more quickly in warmer weather, so you would soak seeds less and rinse more frequently to keep them cool. In colder weather, soak seeds longer and rinse less frequently. The chart is based on a 70 degree temperature. Since time and temperature determine when a seed reaches maturity, the times on the chart will vary as the temperature changes. Sprouts respond to your energy. Give them love and they will love your body.

EQUIPMENT

1. A wide-mouth jar, such as a Mason jar or Life Force sprout bag.
2. A rubber band or string to secure mesh on bottle or plastic sprouting cover.
3. The seeds or beans you wish to sprout. Make sure the jar has enough room for seeds to expand at least 8 times their present size. For example, 2 tablespoons of alfalfa will fill a quart jar.

SOAKING

Put seeds in jar and cover with mesh or cheese-cloth, secure with rubber band or place seeds in sprout bag and put in bowl. Wash seed by rinsing several times. Then fill up jar or bowl about half-way with lukewarm, preferably spring, water. See sprouting chart for exact soaking times. Set jar in a dark place.

DRAINING

After the seeds have been soaked, drain off the water. Rinse sprouts with fresh water, pour off; if using bags, dip whole bag in water and hang up to drain. Now let sprouts rest by tilting jar upside

down, at a 45 degree angle, making sure that the opening allows air in and is not completely covered up by sprouts. A dish rack is useful for this. Keep out of direct sunlight.

RINSING

Rinse and drain well 2 or 3 times a day for 3 to 5 days. Use cool water. Be sure the sprouts are sufficiently and continually drained, as too much water and too little air will lead to molding and spoilage. Rinsing is basically making sure sprouts are kept moist. See chart for more exact timing.

HARVESTING

The outside layers of seeds (hulls) are unnecessary fiber in the Life Force diet. We remove them, in a process called 'Harvesting', before eating.

Seeds needn't be hulled during the sprouting process. Alfalfa, radish, red clover, and mung respond well to harvesting. Fenugreek, sunflower, peas, grains, and lentils don't need it.

Place sprouts in a bowl, bucket, or in the sink and fill with water. The hulls will rise to the surface and sink to the bottom. Scoop off the hulls from the surface and reach underneath the sprouts and pick them out of the water. Place the sprouts back in a jar and drain off excess water.

That's all there is to it! Alfalfa sprouts need to be set in indirect sunlight after 5 days, so that they can start to manufacture chlorophyll. Remember that the time it takes for sprouts to mature will vary, it depends on the temperature and humidity. Shorten soaking times for hotter, more humid weather, and rinse the sprouts more frequently to keep them cool. Sprouts are most tender when young, and they refrigerate well. They will keep fresh several days in a plastic or glass container.

Seed or Grain (measured)

Place in water to soak

Soak according to type of seed (see chart)

Rinse every 12 hours

Place at 45° angle to sprout

Place in window to develop chlorophyll

Remove hulls by placing sprouts in water

Use in your favorite salad receipe

LIFE FORCE SPROUT CHART

SEEDS	YIELD	SOAK	DRY MEASURE	RINSE	LENGTH AT HARVEST	TIPS	READY IN
ALFALFA	2 qts.	4-6 hrs.	3-4 T	every 12 hrs. (am & pm)	1-1½"	Place in sun before harvesting to develop chlorophyll	4-5 days
MUSTARD	2 qts.	4-6 hrs.	1/2 cup	every 12 hrs. (am & pm)	½-1"	Develop chlorophyll — taste is strong — mix with other seeds and sprouts	4-5 days
RADISH	2 qts.	4-6 hrs.	1/2 cup	every 12 hrs. (am & pm)	1-1½"	Develop chlorophyll — red hot flavor — sprout with other seeds	4-5 days
RED CLOVER	2 qts.	4-6 hrs.	4 T	every 12 hrs. (am & pm)	1"	Develop chlorophyll — snappy flavor — use sparingly	4-5 days
SESAME	2 qts.	4-6 hrs.	1-½ cup	every 12 hrs. (a.m. & p.m.)	length of seed	Use after 2 days — turn bitter if sprouted too long	1-2 days
CHINESE CABBAGE	2 qts.	5-8 hrs.	2/3 cup	every 12 hours (a.m. & p.m.)	1/2-1"	Develop chlorophyll-max. 5 days sprouting or may	4-5 days

FENUGREEK	2 qts.	6-8 hrs.	1 cup	every 12 hrs. (am & pm)	1/3-¾"	Use sparingly	3-4 days
LENTILS	2 qts.	12 hrs.	1 cup	every 12 hrs. (am & pm)	¼-¾"	Try them short and long	2-3 days
ADUKI	2 qts.	12 hrs.	2 cups	every 12 hrs. (am & pm)	¼-¾"	Allow room for expansion when soaking	3-5 days
CHICK PEAS	2 qts.	12 hrs.	2 cups	every 6 hrs. (am & pm)	½-1"	Allow room during soak time — complete protein	2-3 days
MUNG	2 qts.	12 hrs.	1 cup	every 12 hrs. (am & pm)	1-2"	Grow in dark — when rinsing soak in cold water for 1 min.	4-5 days
SUNFLOWER SEEDS	2 qts.	12 hrs.	4 cups	every 12 hrs. (a.m. & p.m.)	½"	After 4 days leaves form and sprout turns tangy	1-2 days
GRAINS							
WHEAT, OATS, RYE	2 qts.	12 hrs.	2 cups	every 12 hrs. (a.m. & p.m.)	¼-½"	Grow lots for bread, cereal and salad use	2-3 days
MILLET, (UNH)	2 qts.		2 cups				

INDOOR GARDENING AND COMPOSTING WITH WORMS

Growing food indoors with worms is an opportunity to work with nature and learn the life-process. The ancient philosophers taught that all knowledge was contained in the smallest seed. We feel that this remains true today. All knowledge written or spoken is second-hand because it has been translated into a language, etc.. from the one source of all knowledge, the super—conscious. The greatest book is the book of life.

Your plants and sprouts have a few physical needs. They need water, air, sun, and a proper growing environment in order for healthy growth. As you practice growing food, you will become more sensitized to the plant needs. Your plants respond to the energy you give them. Share full concentration and love with them and watch them help your body to better health.

Dr. E.H. Earp-Thomas and other researchers in the field of natural foods, maintains that grass, grown organically, provides one of the most powerful types of food grown by Mother Nature. Grass, a complete food in itself, containing all the elements needed for life. All life on this planet is maintained primarily by the sun. Plants know how to capture the solar energy and mix it with the elements of air and water. Sun energy, air and water are reinforced with minerals from the earth, absorbed through the roots of the plant, and this arrangement enables the human bloodstream to receive the elements so necessary for cleansing and building. In fact, Dr. Wilstatter of the University of Pennsylvania, found that the elements making up the chlorophyll in plants are approximately the same elements from which red blood cells are constructed. Therefore, he pronounced chlorophyll the ideal food-medicine.

Chlorophyll cleanses, heals, and builds the body cells. It banishes anemic conditions quickly, reduces blood pressure, and aids the heart action. It frees clogged arteries, smoothes out arthritic conditions, and improves the peristalsis (the contractions that occur along the digestive track, moving the food along in the digestive process). As a result of a diet rich in chlorophyll, the health is improved and a happier mental outlook is experienced.

There are basically two types of greens that one can grow indoors, one with soil and one without. The most practical greens to grow

with soil are wheatgrass, buckwheat lettuce, and sunflower greens, they may be used in salads or for juicing. The juiced wheatgrass is especially important to have, as its chlorophyll is a powerful blood cleanser; the grass itself helps purify the air, and a handful of grass in drinking water or bath water helps neutralize the chemical content of the water.

The greens grown without soil are, of course, sprouts. The easiest to grow for obtaining chlorophyll are alfalfa and the clovers. These also take about seven days to grow, and may be used in salads or for juicing.

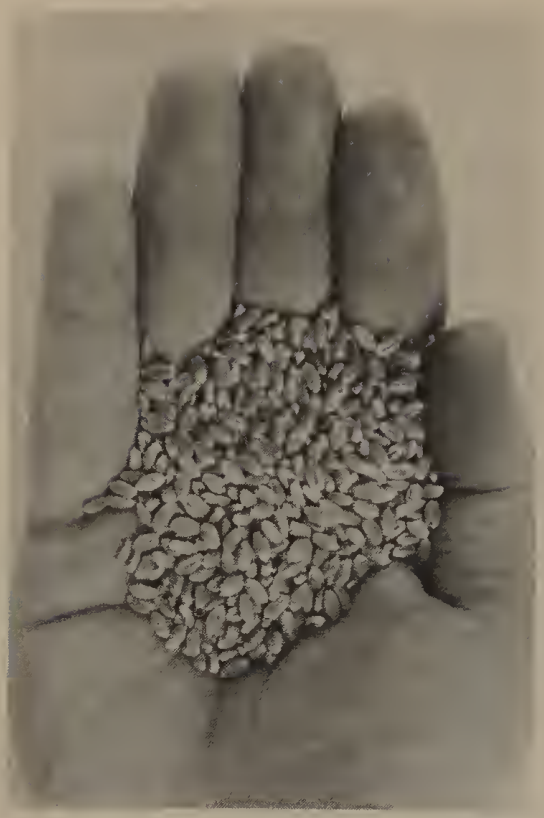
All greens should be grown from organically grown seed, as these are the most nutritious. Sprays and fertilizers lodged in plant fibers or seed are poisonous to the human system. Seeds from sprayed plants do not grow or sprout as well.

EQUIPMENT

1. Two- 14x10 (approx.) cafeteria trays 1 inch deep
2. One cup organically grown wheat, buckwheat or sunflower
3. Three large handfuls each of earth and peat moss (mixed)
4. A jar or bowl to soak seed

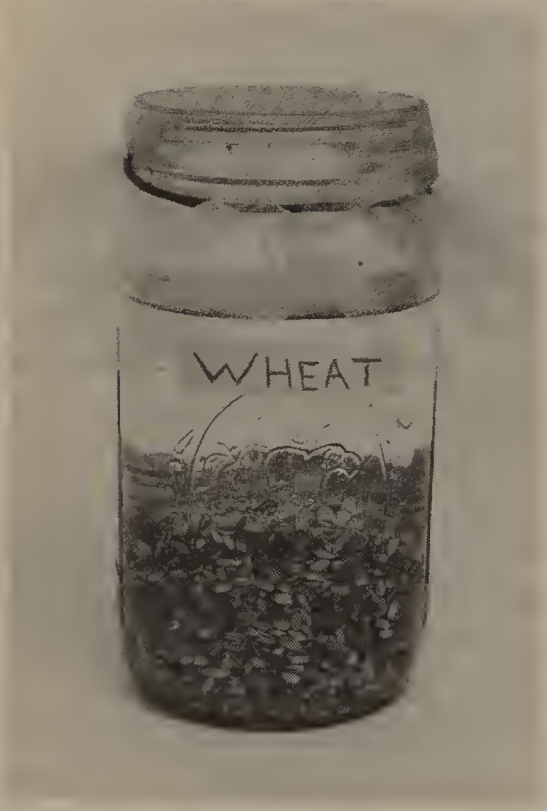
PLANTING METHOD

1. Soak the seed 8-15 hours. For best germination results, allow seed to drain 8 hours before planting.
2. Mix the earth you will use with peat moss. This will assure good ventilation and drainage for developing roots. Spread the soil about one inch thick in your tray. Work the earth with your hands, so it is loose and smooth.
3. Wet the soil thoroughly, but do not soak.
4. Spread a layer of seed over the soil. Each seed should touch another on all sides, but should not have any others on top of it. In other words, all the seeds should have access to the soil, and form a thick carpet covering the earth.
5. Cover the planted tray with another of identical size.
6. On the fourth day, remove the top tray. Water the greens (this will be their first drink). Place the tray in the sunlight, or where there is plenty of daylight. Water the greens daily (once in the morning is recommended) as there is not enough soil to retain moisture.



Whole wheat berries (measured)

Place in water to soak



Soak 8 hours

Drain and sprout 12 hours

Spread soil 1-1½'' thick, moisten

Spread wheat evenly over tray, cover

Uncover, water daily and harvest close to roots on day 7

Juice or chew grass

7. On the seventh day, the greens will be at their peak. The buckwheat and sunflower greens will be from 5-7 inches tall. Cut all greens as close to the base as possible. This is where the majority of vitamins are stored. Greens can be stored in the refrigerator in plastic or glass containers.
8. If the soil is very rich, you might allow a second crop to come up; however, the second crop is never as thick as the first. Otherwise, remove the harvested mat from the tray and place it, face down, into your compost can and allow it to decompose.

COMPOSTING WITH WORMS

Composting is nature's way of building new soil through the decomposition of natural plant materials. Composting costs nothing and takes little effort. All sorts of organic wastes can be used- table scraps, leaves, grass clippings, weeds, etc. Compost is more than fertilizer, it is the process of continuing life.

A true gardener appreciates the valuable assistance of earthworms, since they will aerate the soil and enrich the mineral content. The earthworm actually eats and digests the soil. Its excrement is richer in minerals than the ingested soil. Chemical fertilizers and sprays are fatal to earthworms. Obtain earthworms from natural country soil, or from a bait and tackle fishing store. Ask for red wigglers and then grow your own.

Fill a deep dish half-way with the best earth you can find. On top of that earth, put either a very ripe banana or an avocado cut in half, or both. Cover the fruit with earth, so that none of it is showing. Moisten the earth and put about a half dozen earthworms on it. Then cover it with a towel and keep it in a dark place. In about three weeks, you should have thousands of earthworms. Place these worms in your compost bins. They will work 24 hours a day to build healthy soil. Plants grown on healthy soil help build a healthy body. Here are instructions on how to compost.

EQUIPMENT

1. One average size plastic or galvanized trash can with holes (buy can with wheels for ease in handling).

COMPOSTING METHOD 1

1. Place mats in ventilated trash can or just pile them rootside up. Alternate layers of mats and kitchen scraps.
2. Place a few earthworms in the earth.
3. Cover the can or pile with a sheet of plastic.
4. Compost will be ready in 6 to 8 weeks.

COMPOSTING METHOD 2

1. Place mats, rootside up, in a trash can in which holes have been drilled for air, or pile mats leaving space around them.
2. Make a hole with a broomstick, in the center of the matpile in the can down to six inches from the bottom. Put about five holes in a 4′x3′ pile.
3. To make the activator, mix equal parts of wild chamomile, dandelion, valerian, yarrow, stinging nettle, oak bark, and pure honey. Make a batch and store the leftover for later.
4. Place enough activator to cover a one-cent coin in a pint of water. Let it set for 24 hours.
5. Shake mixture well before using.
6. Pour equal amounts of the activator into the five holes of the 4′x3′ pile. Pour only three ounces into the center hole of the trash can.
7. Fill in holes with dry soil and cover pile or can.
8. Add a few worms, but no water.
9. Keep pile or can covered and out of the sun. Compost will be ready in 4 to 6 weeks.

Chapter 6

RECIPES FOR LIFE FORCE

On the following pages, we have collected many delicious Life Force recipes. These are but a handful of the thousands of variations possible using nature's living foods. The first key to any well prepared meal is finding the best quality food available. Local, fresh organic produce is usually your best bet. The second key is creativity. Let your creative imagination flavor and arrange the food until it almost 'jumps off the table' with life.

You will find the basic recipes used to prepare many of the others in the beginning of the section. Practice and experiment with the basics until you perfect them to your taste. Above all, enjoy the rainbow of color and life when working with living foods.

FERMENTED FOODS

Fermentation is the decomposition of organic substances, produced by the action of living organisms. During the process, complex proteins, starches, and fats in foods are broken up into simple compounds. These are called predigested or partially digested foods. They are easily assimilated by the body with a minimum of digestive effort.

Fermented foods are used by the Life Force program, the most popular being rejuvelac, sauerkraut, and fermented seed dishes. These foods are included in the diet for three basic reasons- they are extremely rich in enzymes, predigested protein, and lactobacillus bacteria.

In a healthy person, the enzymes are manufactured by the body. It is thought that aging occurs because the body loses the ability to synthesis new enzymes. Researchers are now convinced that diseases are traceable to missing enzymes.

Food that is fermented is filled with enzymes. Enzymes are destroyed by heating and cooking foods. People known for longevity, the Hunza's, the Georgians, use much fermented food. In Georgia, Russia, people eat yogurt, sour bread, sour milk, soured vegetables. They also eat naturally made sauerkraut and sour

pickles. These people seldom have digestive problems or degenerative illnesses.

Dr. Kuhl, a German researcher, has this to say regarding fermented foods: *The natural lactic acid and fermentive enzymes which are produced during the fermentation process have beneficial effect on the metabolism and a curative effect on disease. Lactic acid destroys harmful intestinal bacteria and contributes to the better digestion and assimilation of the nutrients. Fermented foods can be considered predigested foods; they are easily digested and assimilated even by persons with weak digestive organs. Fermented foods improve the intestinal tract and provide a proper environment for the body's own vitamin production within the intestines. They also help a person with constipation problems.*[1]

Rejuvelac, the 'water' of the Life Force program, puts into your body the enzymes cooked food doesn't. Enzymes help friendly bacteria such as lactobacillus bifidus to grow. Lactobacillus in turn, gives off lactic acid, a natural astringent, which helps your large intestine maintain its natural, healthy, vitamin-producing environment. This leads to a clean colon, where harmful, disease-producing bacteria are unable to survive.

REJUVELAC

Rejuvelac is a fermented wheatberry beverage. It offers many health-promoting qualities to the human body. It is simple to make and requires no special equipment for its preparation. At the 'Mansion', we use at least one quart of rejuvelac per student daily. We also use it in many of our recipes and where a ferment 'starter' is required.

Dr. Harvey Lisle, a food research chemist, has tested rejuvelac for nutrients. He has this to say: *Rejuvelac is rich in proteins, carbohydrates, dextrines, phosphates, saccharines, lactobacilli, saccharamyces, and aspergillus oryzae. Amylases are derived from aspergillus oryzae and they have the faculty of breaking down large molecules of glucose, starch, and glycogens. This is the reason rejuvelac is an aid to your digestion.*[2]

Rejuvelac is a predigested food, the proteins are broken down into amino acids, the carbohydrates into simple sugars (dextrines and saccharines). These nutrients are readily assimilated by your body

with little expenditure of energy. Rejuvelac is extremely rich in eight of the B-vitamins, as well as vitamin E and K.

Rejuvelac is also used as a 'starter' in the production of other fermented dishes, particularly the protein (nut and seed) sauces, cheeses, and loaves. Drink glasses of it between meals to flush the system out, and help cleanse the intestinal tract. Rejuvelac can be made from wheat (our favorite), rye, oats, millet, barley, and rice.

There are two methods for making rejuvelac, both of them make a great tasting drink for nourishment and refreshment all year-round.

EQUIPMENT FOR METHOD 1

1. One cup wheatberries (organic soft white pastry wheat or hard wheat, if not available).
2. Two cups spring or filtered water (for approx. 2 cups rejuvelac)
3. A container- a glass jar with a wide-mouth.

METHOD 1

1. Wash seed by rinsing well (in tap water), and scrubbing seeds with hands to remove any outer residue. Allow dead seeds to float to top of container, skim them off and discard, they will not promote fermentation.
2. Soak the wheatberries the first time for 48 hours. (The seed is becoming porous). Place a small, neat bundle of freshly cut wheatgrass on top of the water for further filtering. (Remove grass each day before pouring rejuvelac off and replace).
3. After 48 hours, pour off your rejuvelac. Use that for the day. It needn't be refrigerated, but will keep several days if it is.
4. Pour another 2 cups of spring or filtered water into the jar. Allow water to ferment only 24 hours before pouring off.
5. Repeat 24 hour cycles for one more day, so wheatberries are soaked a total of 3 times. The original 48 hour soak and two 24 hour soaks.

A dark quiet place is ideal for setting your jars. The temperature of the fermenting environment is important. Warmer temperatures will decrease fermenting times. In the summer, try soaking the seed 36 hours to start and 16 hours, instead of 24. Ferment the rejuvelac to your taste; until tart, not sour.

EQUIPMENT FOR METHOD 2

1. One quart jar
2. One cup wheatberries (organic soft pastry wheat)
3. A manual or electric seed mill or blender

METHOD 2

1. Wash thoroughly with water one cup of organically grown, untreated soft pastry wheat and place them into a quart jar.
2. Add twice as much water as there is seed. Cover the jar with a screen or cheesecloth.
3. Allow the seeds to soak in the water for 24 hours.
4. After 24 hours, drain the water from the seeds and place the jar upside down at a 45 degree angle.
5. Allow the seeds to sprout in the jar for 24 hours at the 45 degree angle.
6. Grind the sprouted wheatberries with a manual or electric seed mill or blender. The object is to break the berries open, only.
7. Place three level tablespoons of the macerated berries in a clean quart jar. Fill the jar to the top with distilled or purified water and cover the jar with a screen, cheesecloth or loose fitting cap.
8. Place the remaining mashed berries in the refrigerator to use on each succeeding day. One cup of mashed berries will make 7 one-quart jars of rejuvelac; enough rejuvelac for one week.
9. Allow your mixture of macerated wheatberries and water to stand for three days. On the fourth day, pour off the rejuvelac water through the screen or cheesecloth into a clean quart jar. This mixture is your rejuvelac for that day. Store what you do not use in the refrigerator.
10. Start a new batch of rejuvelac each day to have a daily supply. This means placing three level tablespoons of macerated berries in a clean quart jar each day, allowing that mixture to stand for three days and drinking it on the fourth day.

Since one cup of wheatberries, when macerated, is sufficient for 7 day's supply of rejuvelac, you can start soaking new rejuvelac seeds for the next week's supply on the same day each week. That is, if you begin soaking your seeds on a Monday, the following Monday you must soak a new one-cup measure of seed in order to have a daily supply of berries for the following week.

Keep your rejuvelac jars in a room where the temperature remains constant. The ideal temperature for rejuvelac is 73 degrees. Should the temperature fluctuate sharply, or go far higher or lower than 73 degrees, you could produce a sour, unpleasant tasting batch of rejuvelac. If the rejuvelac tastes unpleasant, don't drink it. You will become accustomed to the taste and will be able to know when not to drink it. A little natural sweetener can be added to taste.

SAUERKRAUT

Sauerkraut is another fermented food that promotes good digestion and furnishes the body with enzymes. It is predigested, starches have been broken down into simple sugars and the proteins into amino acids. It is a blood cleanser and helps with regular bowel movements. It contains much vitamin C (more than the cabbage it is made from) and aids longevity through improving digestion. The sauerkraut is fermented by bacteria (lactobacillus) that will take up residence in your intestine, produce beneficial lactic acid and synthesize vitamins, especially the B-vitamins.

When making sauerkraut, do not use salt. Table salt is inorganic and often remains in the system. Inorganic minerals deposited at joints can be painful. Even sea salt is 75% sodium chloride, the salt of table salt. A better source of any additional minerals beyond those contained in sprouts, greens, and fermented foods can be had in organic form from sea vegetables, such as wakame, dulse, kelp, hiziki. Sea vegetables are about 18-20% sodium chloride.

Seasonings you might want to use are caraway, thyme, juniper berries, and dill. Grind one or all of these to a fine powder with a nut and seed grinder or a morter and pestle. Other flavorful additions might be shredded onions, carrots, green pepper, celery or beets. The vegetables with some fiber make better additions, than those that would tend to lose their texture (e.g. tomatoes, cucumbers, greens).

This recipe will supply a family of four, for approximately one week.

EQUIPMENT AND INGREDIENTS

2 large heads of cabbage
beet
5-7 ground juniper berries
2-3 oz. dulse or wakame*
1 tsp. kelp*
1 tsp. dill*
1 tsp. ground caraway seed*
(* optional items)

1 gallon crock or large jar (preferably dark)
1 baseball bat or 40 inch piece of 2x4 board
1 heavy duty plastic or steel bucket (3-5 gallon capacity)

TO MAKE

1. Grate beet. Shred cabbage and save 2 or 3 of the better outer leaves.
2. Place cabbage and beet in a bowl or pail. Fill no more than ½.
3. Pound the cabbage firmly with bat or board, bruising it until the fiber breaks down and juice flows out. The more you pound, the better and smoother the sauerkraut will be.
4. Mix in spices.
5. Place all in a crock, cover completely with outer leaves. Place a plate on top of leaves, and a brick or heavy stone to weight it down.
6. Cover crock with a cloth or towel and crock cover, and set in a warm place (55-75 degrees). Make sure it is dark and untouched for 6 to 7 days.
7. After a week, remove covers, discard leaves, and skim mold and residue from the top. Place sauerkraut in glass jars with a tight cover, and refrigerate. sauerkraut will keep 3-4 weeks.

FERMENTED SEED AND NUT PREPARATION

Protein is a very concentrated food, more taxing to your digestive organs than any other raw food. By 'predigesting' your proteins through fermentation, you give your body these required elements in a readily assimilable form. The proteins are broken into their amino acid components, easily absorbed, and do not have time to

decompose. At the same time, through the fermentation process, you are taking in enzymes to further aid your digestion.

To make the recipes. follow the chart. Mix ingredients to the proper consistency, adding ground sprouted seed or rejuvelac as is necessary. Add finely chopped vegetables (the more finely chopped, the more the individual flavors will spread through the dish). When you add the vegetables before fermenting, the vegetables will break-down slightly and further yield their flavors, or you can add them later, just before serving. See specific recipes for exact amounts of vegetables and spices, remembering that you are the creator; your intuition and fine sense will tell you far better than any recipe, as to what your individual creation needs for completion.

Allow fermentation to occur at room temperature. The exact time of fermentation depends upon the temperature; in summer, less time is needed. When the cheeses, yogurts and sauces ferment, the airier fermentation will take place on top, the heavier liquids (whey) will settle to the bottom. The whey is very acid-forming and should be poured off. If using a Life Force sprout bag, the whey will drip out into a bowl to be disposed of, leaving only the airy fermentation. The seed firms up slightly during fermentation and tastes become stronger. Always use organic sprouted seeds. Blend with rejuvelac for desired consistency.

Experiment with different nuts and seeds for different tastes. Sesame has a sharp taste, almond are sweeter, and sunflower seeds give a blander flavor. Cashews are very rich, and peanuts are very hard to digest. All the seeds become sweeter when sprouted.

The yogurt has many uses, so you can add it to salads to make interesting creamy concoctions, you can dream up some varied types of salad dressings, or add a bit to your green drinks. . Use it as you would yogurt, over fruit salads, or as a between meal pick-me-up. See recipes for a delicious seed sauce that can be varied to suit any occasion.

If you use spring water instead of rejuvelac, increase fermentation time. You can alter the fermentation time for any recipe. The less fermenting, the less tart the taste will be. All fermented dishes will keep refrigerated at least 3 to 5 days. Even.though predigested, protein is still a concentrated food, so use them sparingly.

	SAUCE	CHEESE
GROUND SPROUTED SEED	1 cup	2 cups
REJUVELAC	1 cup	½-¾ cups
MIX TO CONSISTENCY OF	pancake batter	thick cottage cheese
FERMENTING TIME	8-12 hours	8-12 hours
CONTAINER	put in bowl, cover with plate	put in bowl, cover with plate
YIELD	2 cups sauce	2 cups cheese

BASIC SEED SAUCE

1 cup sunflower seeds
1 cup sesame seeds
1 cup rejuvelac

PREPARATION: Fill a quart or half-gallon jar ¾ full with seeds of your choice, either mixed or separate. Soak for 8 hours and sprout 12-24 hours. Blend ½ and ½ with rejuvelac to a fine thick cream. Pour into a sprout bag and hang over a bowl to drip during fermentation or use a bowl or jar to ferment in. Set out at room temperature. Cover with a cloth or towel, never tightly. Let it sit for about 8-12 hours. Pour off the whey, if using a bowl or jar, then cover tightly and refrigerate. The yogurt should keep for at least seven days. If rejuvelac is not obtainable, save about ¼ cup of the previous culture for the next one.

BASIC SEED CHEESE

1 cup sunflower seeds
1 cup sesame seeds
½ cup rejuvelac

PREPARATION: Same as above, except add less liquid and possibly ferment longer, to taste.

JUICES AND GREEN (LIFE FORCE) DRINKS

What is missing from your body? Use a pint a day of these high-powered juices and green drinks when possible. Green drinks are an essential ingredient to maintaining optimum health today. They are a staple of the Life Force food program.

The simplest, most natural way to juice is by chewing a fresh food, swallowing the juice and spitting out the pulp. For more juice with less effort, manual and electric juicers are available. At this time, there are basically two types of juicers.

1. The centrifugal fruit and vegetable juicers are designed to juice fruits and vegetables, only. Their high-speed operation damages sprouts, weeds, greens, and grasses, reducing their nutritional value.
2. The slow-turning screw-blade type juicer, specifically made to juice grassess, greens, weeds, and tender sprouts with little or no nutritional losses, if taken shortly after juicing.

The high-speed juicer is optional to the Life Force program. The slow-speed units are available in both manual or electric through HHI.

USING YOUR GREENS JUICER

Here is how to use your machine to juice grasses:

1. Feed a one inch in diameter bunch of grass into the receptacle, blade tip down. Let it go through the juicer by itself. Do not force it through.
2. The juice will come out from the spout beneath and the pulp from the outlet screw on the end.
3. Run the grass through several times to get all the juice out. One tray of grass will yield about 10 oz. of juice.
4. Strain juice when using it in an eye cup, for eye washes.
5. When juicing both grass and greens at the same time, use the greens first and follow with the grass. The reverse will clog the machine.
6. The juicer works best on all above ground vegetables. Root and hard vegetables should be cut up or grated before using them in this machine.
7. When making green drinks, put in a small amount of greens at a time and mash them with a plunger. Mix up the greens and sprouts when juicing them, for best results.

8. Use any seasonal weeds, greens and vegetables available, for your juicing pleasure.
9. Add a little sauerkraut juice to green drinks, for a delightful taste treat.

GREEN DRINK RECIPES

J.B. CROWS

equal parts— buckwheat-sunflower greens, alfalfa sprouts
2-3 leaves each- green leafy vegetables
3 celery tops
½ red pepper
1 scallion, whole
2 tbsp. sauerkraut juice

CRALFEE

1 part alfalfa sprouts
1 part carrot

OUR GANG

2 part alfalfa sprouts
1 part buckwheat greens
2 tbsp. sauerkraut juice

SUN KISSED

1 part sunflower greens
1 part cucumber
1 part carrot
radish sprouts, to taste

SPROUTED TOMATO (seasonal)

2 parts tomato
1 part alfalfa sprouts
1 part sunflower greens
1 celery top

BUCKWHEAT'S SPAGETTI JUICE

1 part spinach
2 parts buckwheat greens
1 part tomato
celery tops
a few sprigs of parsley

V-8

1 part carrot
1 part sunflower greens
1 part beet
1 part spinach
1 part parsley
1 part tomato
1 part alfalfa sprouts
1 part mung bean sprouts

HARMONY'S TREAT

1 part sunflower greens
1 part buckwheat greens
1 part alfalfa sprouts
1 part mung bean sprouts
3 tbsp. sauerkraut juice

LAMDY LION

1 part dandelion greens
1 part lambsquarter tops
1 part purslane
½ red pepper
1 scallion, whole
2 tbsp. sauerkraut juice

SPROUTED NECTAR

2 part alfalfa sprouts
1 part cucumber
1 part red pepper

WHEATGRASS COCKTAIL

2-4 oz. grass juice
4-6 oz. apple

OR

2-4 oz. grass juice
2-3 oz. celery
2-3 oz. carrot

FRUIT AND VEGETABLE JUICES

VENUS'S NECTAR

1 apple
¼ coconut
4 oz. carrot juice
Blend together.

WHEATGRASS HOPPER

2 oz. grass juice
8 oz. pineapple juice
a few leaves of mint
Juice all ingredients, strain and serve.

GOOFY GRAPPLE

2 parts grape juice
1 part apple juice

PURPLE COW

2 parts grape juice
1 banana
Blend together.

BLUES AND BERRIES

1 part blueberry
1 part strawberry
1 part fresh orange juice
Blend together.

SKIN SOOTHER

1 part carrot
1 part beet
1 part cucumber
1 part celery
dash of parsley

RAY OF SUNSHINE

1 papaya
1 part fresh orange juice
Blend together.

CRAPPLE SURPRISE

1 part apple juice
1 part carrot juice
¼ beet juice

CITRUS COOLER

1 part fresh orange juice
1 part fresh grapefruit juice
¼ part lemon or lime juice
½ part purified water

Add 1 banana
Blend and serve.

MELON AND JUICE

Melon should be thought of as a complete food. When eaten, the rind should always be juiced and drunk 10 minutes before eating the meat of the melon. Otherwise, it is much better to juice the melon with the rind. Through your juicer, run 1 part melon with 1 part rind; strain and serve. You can also juice melon with your blender, by cutting the melon into small pieces with the rind; blending, straining and serving.

Melon juice serves as an excellent summer drink or breakfast. It is the finest alkalizer for an acid condition. Be sure, when eating the melon that you do not eat anything before or after as melon is much easier to digest than other foods, including fruit.

MELON SALAD

1 cup watermelon, cubed
½ honeydew melon, cubed
½ cup cantaloup, cubed
Mix together and serve.
Ten minutes before eating; juice your rind, strain and serve.
Makes an excellent meal.

NUT MILKS

All seeds and nuts are used soaked and sprouted, 24 hours or more. Try using fermented seeds or nuts for a pleasant surprise.

PLAIN JAIN

1 cup sprouted sunflower seeds and sesame seeds or almond
1 cup rejuvelac or water
Blend and strain or drink as is.

CAROB MOO

½ cup sprouted sunflower seeds
1-2 cups rejuvelac or water
1 banana
carob, to taste
Blend together.

SWEET SESAME

½ cup sprouted sesame seeds
1 cup carrot juice
Blend, strain and serve.

SUNNY TREAT

½ cup soaked almonds
½ cup fresh orange juice
½ cup fresh grapefruit juice
Blend and strain,
Add 1 banana

ALMONDLY YOURS

½ cup soaked almonds
1 cup grape or apple juice
Blend and strain or serve, as is, with a twist of lemon or lime.

FRUIT SOUPS

SOUPE de FRUITE

1 apple
½ cup grapes
½ cup peaches
½ cup apple juice
¼ cup seed yogurt
Blend together.

TUTI FRUITI

1 apple
1 banana
½ cup grapes
½ cup carrot juice
Blend together.

FRUIT FLUFF

2 parts papaya (apple, mango or peach)
1 part avocado
Blend together and add maple syrup or honey, to taste.

BROWN COW

5 dried figs
1 handful raisins
1 banana
1 ½ cups water
Soak dried fruits overnight and blend all ingredients together with soak water.

FRUIT SALADS

FANTASIA

1 orange, chopped
1 grapefruit, chopped
blueberries and/or strawberries
Blend juice of 1 orange with ¼ cup ground almonds;
Use as a dressing.

PEARS ON PARADE

1 pear, diced
½ cup pineapple, finely chopped
grated coconut
dash of cinnamon

TROPICAL SUNSET

1 mango, diced
1 papaya, diced
1 banana, sliced
Blend 1 banana and ½ cup grapes for a sauce.

APPLE SAUCE

3 apples
1 banana or ½ avocado
dash of cinnamon
Blend together.

SWEET SUCCESS

1 banana, mashed
¼ cup raisins, soaked
¼ cup dates, mashed
Blend 1 persimmon with enough rejuvelac for a sauce.

CITRUS SURPRISE

1 orange
1 grapefruit
½ pineapple
1 cup strawberries
Peel and slice fruit into chunks. Powder with ground almonds and serve.

SOUPS

BORSCHT

1 cup beet juice
½ cup beet, grated
½ cup carrot juice
½ cup sauerkraut
1 small onion
dash of kelp
tamari, to taste
Blend all ingredients; and serve with chopped scallion greens and a spoonful of seed yogurt.

HEARTY VEGETABLE SOUP (serves 4-6)

¼ cup green beans, finely chopped
¼ cup peas, fresh
½ cup corn, fresh
¼ cup carrots, finely diced
¼ cup celery, finely diced
¼ cup scallion, chopped
¼ cup lentil sprouts
Set aside to be mixed with sauce.
Blend together:
4 tomatoes
1 cup carrot juice
1 cup fermented or sprouted almond or 1 avocado
1 clove garlic
dash of tamari
kelp & spirulina (mixed)
Mix well with chopped vegetables and serve with a salad.

LENTIL SOUP

1 cup carrot juice
½ cup celery juice
½ cup celery, chopped
½ cup sunflower yogurt
1 small onion
tamari, to taste
kelp & spirulina (mixed)
Blend all ingredients together.
Mix with ½ cup lentil sprouts and serve.

SPINACH SOUP

4 cups spinach
2 cups water
½ avocado or ½ cup seed cheese
1 tomato
1 scallion
Blend all ingredients and season with tamari, kelp & spirulina, to taste. Garnish with sliced mushrooms.

SALAD DRESSINGS

WALNUT AND CARROT

1 cup carrot juice
1 onion, green
1 clove garlic
½ cup walnuts
optional- ¼ cup yeast
mineral bouillion, to taste
kelp
Blend ingredients and use as a dressing.

COOL AS CUCUMBERS

1 cup cucumbers, chopped
¼ cup green pepper, chopped
¼ cup celery, chopped
¼ cup scallion, chopped
½ lemon, juiced
½ cup fermented sunflower and sesame cream
tamari, dill & spirulina, to taste
Blend all ingredients and serve on sprout salad.

COLE SLAW

1 cup white cabbage, grated
¼ cup carrot, grated
¼ cup red pepper, finely chopped
Set aside, to be mixed with sauce.
Blend together:
1 cup sesame ferment
½ lemon, juiced
dash of honey
tamari or mineral salt, to taste
1 small onion
Mix blended sauce with slaw and serve on sprout salad.

FERMENTED SEED DRESSING 1

½ cup cucumber, chopped
¼ cup scallions, chopped
¼ cup tomato, diced
½ cup red pepper, chopped
1 clove garlic
tamari, miso or mineral salt, to taste
kelp and dill, to taste
enough seed ferment to make a thick cream
Blend all ingredients together.

FERMENTED SEED DRESSING 2

1 ½ cup tomatoes, chopped
½ cup red pepper, chopped
½ cup scallions, chopped
¼ cup rejuvelac
optional- lemon and oil-2 tbsp.
1 clove garlic
Blend together.
Add: seed yogurt, mineral salt, tamari, basil, oregano, to taste.

AVOCADO DRESSING

2-3 ripe avocados
1 cup tomatoes, chopped
½ cup onion, chopped
½ cup celery, chopped
tamari, spirulina & oregano, to taste
enough rejuvelac to blend
Blend well, until creamy. Especially good on buckwheat spagetti.

DINNER RECIPES (all recipes serve 4)

SIMPLE SPROUT LOAF

½ cup each- sunflower, radish, fenugreek,
(of any three) lentil, and chickpea sprouts
½ cup each- chopped celery, scallions, red and green pepper
tamari, spirulina & kelp, to taste
basil & thyme, to taste
Mix in enough seed cheese (of your choice), with all ingredients to form a loaf.

NOT-SO-SIMPLE SPROUT LOAF

1 cup cabbage, finely grated
¼ cup carrots, finely grated
¼ cup scallions, chopped
½ cup each- lentil and mung sprouts
½ cup tomatoes, diced
1 cup ground sprouted sunflower seeds
kelp, spirulina & mineral salts, to taste

CAULIFLOWER-BROCOLLI-MUSHROOM LOAF

1 cup each- finely chopped cauliflower, brocolli, mushroom
¼ cup celery, chopped
¼ cup scallion or onion, diced
½ cup ground soaked almonds
½ cup ground lentil sprouts
optional- ¼ cup nutritional yeast
spirulina, kelp& mineral salts, to taste
basil, sage, pinch of each

MARINATED SPROUTS AND VEGGIES

1 cup each- mung and fenugreek sprouts
½ cup each- largely cut red & green pepper,
snow peas, celery, cabbage
1 cup mushrooms, sliced
¼ cup soaked almonds
Marinate 2-4 hours in equal parts of rejuvelac, tamari and 1-2 avocados, blended.

SIMPLE SEA SALAD

1 package Arame (sea vegetable)
½ avocado, ripe
2 cups lentil sprouts
1 cup red peppers, chopped
1 cup scallions, chopped
Soak arame in warm water until tender. Add chopped vegetables, mash avocado and stir in Season with Dr. Bronner's mineral bouillion & kelp, to taste.

MAIN DISH

EGGPLANT ITALIANO

½ eggplant, thinly sliced
1 tomato, sliced
1 green and red pepper, diced
a few scallions, finely chopped
a few stalks celery, finely chopped
alfalfa and sunflower sprouts
Set this aside to be layered in dish.
Blend together:
2 tomatoes
1 clove garlic
1 cup sunflower cheese
tamari or mineral salt, oregano & basil, to taste
In a baking dish, layer eggplant, tomato and mixture of pepper, scallion, celery and sprouts. Pour blended mixture on top and start a new layer. Three layers, is best.

GOURMET'S DELIGHT

ESSENE BREAD

sprout wheat for 2 days
Grind finely in meat grinder, grass juicer, flour mill or blender
Lay out about ¼ inch thick on tray and place in the sun or radiator or warm oven, until dry.
Oven should only be dry enough to dry and not bake it.

PIZZA BREAD

Follow same recipe for Essene Bread, except add:
¼ cup tomatoes, chopped
¼ cup green pepper, chopped
¼ cup red pepper, chopped
¼ cup onion, chopped
1 clove garlic
oregano & mineral salt, to taste

GUACAMOLE

3 avocados, ripe & diced
1 tomato, diced
1 large scallion, finely chopped
1 small clove garlic (pressed)
1 red pepper, diced
lemon juice, tamari & kelp, to taste
optional cayenne pepper, to taste
Mix together, well.

MARINATED MUSHROOMS

Place sliced mushrooms in shallow bowl. Marinate in the following, for 2-3 hours, drain and serve.

1 part lemon juice
1 part tamari or Dr. Bronner's mineral bouillion
2 parts rejuvelac
1 small onion, finely diced

CHICK-PEA DIP

1 cup sprouted chick-peas
1-2 avocados
½ cup onion or scallion, finely diced
1 clove garlic
finely chopped red pepper
tamari, mineral salt & kelp, to taste
enough rejuvelac, to blend

Blend chick-peas and avocados to a creamy consistency with rejuvelac. Mix in other ingredients and stuff celery stalks or use as a dip with sliced squash, cauliflower and other sliced vegetables.

CHICK-PEA HUMUS

1 cup ground, sprouted chick-peas (3-4 day, sprouted)
1 cup ground, sprouted sesame seeds or tahini
1-2 cloves garlic
½ lemon, juiced
1 onion or scallion (bunch)
1 red pepper, finely diced
2 stalks celery, finely diced
tamari or mineral salt, to taste
optional- sage or cayenne pepper
Mix all ingredients together, well. Adding rejuvelac, if moisture is needed.

GASPACHO

2 cups tomatoes, blended
½ lemon, juiced
1 avocado
celery tops
1 onion or scallions (bunch)
1 clove garlic
basil & oregano, to taste
Blend ingredients together and mix well with the following chopped vegetables:
chopped cucumber, red pepper, sunflower sprouts

DR. ANN'S PINK SAUERKRAUT

7 heads red cabbage
7 heads white cabbage
2 beets, large
6 oz. wakame, soaked
2 oz. dulse, soaked
5 tbsp. each- kelp, dill, & juniper berries
Grate cabbage and beets. Set aside 10 large outer leaves. Cut wakame and dulse after being soaked ½ hour, into small pieces. Grind spices to a fine powder. Pound all ingredients 10-15 minutes, until juicy and transparent. Put in a large (5 gallon) crock, cover with outer leaves & a plate. Weight down with a brick and cover. Leave for 7 days, then remove from crock.

ALMOND JOY

1 cup ground almonds
¼ cup honey
2 tbsp. carob
1 tsp. cinnamon
enough water to form a thick paste
Mix well. Allow to sit 2-4 hours. Slice and serve.

CHEWY NUTTY CANDY

½ cup dates
½ cup raisins
½ cup figs
Mash well and form into balls, dip in water or maple syrup and roll in grated coconut or ground nut of your choice.

APPLE STRUDEL

1 cup dates, mashed
¼ cup ground nuts
Mix together well. Place between two sheets of wax paper and roll with a rolling pin, into a ¼ inch sheet of crust. Cut in squares and fill and roll with the following
1 apple
¼ cup raisins, soaked
¼ cup ground walnuts
2-4 tbsp. maple syrup
1 tsp. lemon juice
1 tsp. cinnamon
½ tsp. nutmeg
Mix together well, for the filling.

FREEZER COOKIES

½ cup coconut
½ cup ground nuts
1 banana
½ cup dried apple
¼ cup raisins
Blend to a liquid, spread in a pan, freeze, slice and serve.

APPLE PIE

2-3 chopped apples
½ cup raisins, soaked
1 banana
¼ cup grated coconut
Mash banana and mix well with other ingredients, for the filling.
1 cup ground almonds
¼ cup dates, soaked & mashed
¼ cup grated coconut
Mix together well and spread in a pie plate for the crust. Pour filling into the plate and garnish with raisins and coconut.

BANANA ICE CREAM

Peel and freeze bananas. Run frozen bananas through Champion juicer (homogenizing blank), until consistency of ice cream. Or mash bananas with rejuvelac and freeze.
Garnish with fresh fruits, cinnamon, carob or ground nuts.

FRUIT FREEZES

Blend together, your favorite fruits with a little fruit juice and freeze. Great on a hot summer day.

LIFE FORCE DIETARY GUIDELINES

	BREAKFAST	LUNCH	DINNER
MONDAY	SPROUTED GRAIN CEREAL OR FRESH FRUIT (BANANAS AND GRAPES) IN SEASON OR JUICE	GREEN DRINK (*TAKEN ½ — 1 HOUR BEFORE MEAL) COMPLETE SPROUT SALAD, SAUERKRAUT, FERMENTED SEED DRESSING	GREEN DRINK*, SPROUT LOAF, GREEN SALAD, CUCUMBER DRESSING
TUESDAY	CEREAL OR FRESH FRUIT OR VEGETABLE JUICE	GREEN DRINK*, SPROUT AND VEGETABLE SALAD, AVOCADO DRESSING, ESSENE BREAD	GREEN DRINK*, EGGPLANT ITALIANO, SPROUTS AND GREENS, FERMENTED SEED AND VEGETABLE DRESSING
WEDNESDAY	SOAKED DRIED FRUIT OR FRESH FRUIT OR WATERMELON	GREEN DRINK*, COLESLAW AND DRESSING, SPROUTS, SAUERKRAUT	GREEN DRINK*, CAULIFLOWER LOAF, DULSE (SOAKED), SPROUTS, SAUERKRAUT
THURSDAY	FRESH JUICE OF VEGETABLES, FRUITS OR WATERMELON	GREEN DRINK AND VEGETABLE JUICE	BORSCHT, SPINACH OR VEGE-TABLE SOUP, SPROUTS FOR GARNISH, ESSENE BREAD
FRIDAY	CEREAL OR APPLES AND BANANAS OR JUICE	GREEN DRINK*, CABBAGE SUR-PRISE, SPROUTS AND VEGETABLES ESSENE BREAD	GREEN DRINK*, COMPLETE SPROUT SALAD, ARAME SEA-WEED, AVOCADO DRESSING, SAUERKRAUT
SATURDAY	SOAKED DRIED FRUIT OR FRESH FRUIT OR JUICE	GREEN DRINK*, SPROUT LOAF, GREEN SALAD, CARROT WALNUT DRESSING, ESSENE BREAD	GREEN DRINK*, BANANAS AND PEARS OR FRESH FRUIT IN SEASON
SUNDAY	FRESH FRUIT IN SEASON OR JUICE	GREEN DRINK*, SIMPLE SEA SALAD, SPROUTS, SLICED VEGETABLES, ESSENE BREAD	GREEN DRINK*, SPROUT SALAD, MARINATED VEGETABLES, FERMENTED SEED SAUCE, SAUERKRAUT

THE LIFE FORCE SAMPLE DIET CHART

The one week diet suggested, will fulfill all nutritional requirements of the human body. Individual needs, however, vary from one person to the next. As a guideline towards a more natural diet, the chart emphasizes certain food items important to the Life Force program.

Green drinks twice per day and the abundant use of greens, sprouts, vegetables and fruits are vital to health. A sufficient calorie intake is also important. Sprouted grain cereals, bananas, dried (soaked) fruits, sprouted bread, seed and nut ferments and loaves supply the body with sufficient calories for health and energy.

The great variety of natural foods, as nature provides them, contain a delicate balance for their digestion and elimination in the body. As digestion and overall health improves, the intuition guides the quantity and quality of foods in the diet. Even the most simple meals become 'the best food in the world'.

FOOD FOR TRAVEL

At home you can arrange your days to accommodate the Life Force program. But, on the road you may find yourself at the mercy of people and situations which do not lend themselves to the Life Force program. You can avoid this by planning before you go.

We travel often and have designed a kit which we take along with us. In a light travel bag used to carry and keep a six-pack cold, we place the following items (which is good for at least a day's supply).

1. A sprout salad in a light-weight bowl, with a cover.
2. A small bottle of sauce for the salad.
3. A tiny shaker with kelp and spirulina, mixed.
4. A few pieces of raw vegetables in a bag. Raw cashew or almond butter on celery sticks is a great treat.
5. A couple of apples or bananas.
6. A small bag of sprouted wheat and raisins, mixed.
7. A 10 oz. bottle of rejuvelac.
8. An all-in-one utensil kit (used for camping) and a few napkins.

If on a longer trip, we carry some grains and seeds for sprouting, dried fruit and nuts, and a small hand juicer, if available. We use sprout bags to sprout on the longer trips, right in our suitcases or

bags. It is just a matter of leaving the 'extra' clothes, that one doesn't wear anyway and packing some food.

In restaurants, we never have a problem. Even the most fancy ones will give you just plain or sliced vegetables and salads, if you ask. Often they have avocados, too. We bring a small kelp shaker or other seasoning powder along and enjoy being out with others.

We have been invited many times to eat out at friends or families houses. We merely ask them if it is alright if we bring along some of our own food. This opens them up to new ideas and often becomes a topic of discussion. The author has brought food to friend's houses and watched them eat it all and while he was still hungry.

Things are becoming more easy each day for us to maintain the Life Force program. There are now several 'living foods' restaurants and thousands of health food stores and supermarkets selling fresh greens and sprouts all over America. Encourage this activity in your own area. Ask grocers for sprouts, seeds, organic produce, etc.

Chapter 7

THE LIFE FORCE FITNESS PROGRAM

Everyone needs exercise. Common sense tells us that what we don't use of our body, we lose. Exercise conditions and tones the body. It is a major ingredient of long life and a protector against disease.

Regular exercise helps the body in its task of elimination of wastes and regeneration of cells. When combined with the Life Force program, exercise becomes a reliever of symptoms of even the most chronic nature.

The daily practice of exercise helps you to feel better about yourself. When the body feels good, there is no problem that is too big to solve. Every encounter you have, whether business, home, leisure, or social, becomes more easy. Soon after beginning to exercise, you look better too. Posture is improved, skin problems clear, body shape changes, and overall energy level increases.

THE LOOK BETTER, FEEL BETTER PROGRAMS

To look and feel your best, a good steady exercise program is essential. In tribal communities, exercise is derived from need, for their survival depends upon fitness. Modern civilization gives us a choice to make. Your body, use it or lose it!

The program described in this book attempts to provide optimal flexibility, strength, and overall well-being with minimum effort and time expended. Nothing is needed except a desire to look and feel better and a pair of good fitting sneakers.

A balanced approach to exercise helps to create a working relationship with your body. Gently and systematically you build a strong healthy body. Modern calisthenics, physical culture and weight lifting programs put you against yourself, to see how fast you can push, pull, lift and move. You literally 'whip' you body into shape. This creates unnecessary mental and physical stress. Soreness and often more serious damage can occur when you 'work out' in this way.

Flexercises are stretching tension exercises. Using these movements, you learn your body's present limitations and 'love' it to

greater flexibility, strength, purity and control. We are not concerned with bulky and rigid bodily tone, but with suppleness and balance.

OCCUPATIONAL EXERCISE BALANCE

Your need for exercise will vary according to your lifestyle and daily activities. Yet, even the most active person does not usually use all the body's muscles in a day's work. If you live a sedentary lifestyle, sitting most of the day, it is good to move in the morning and at night to achieve physical balance. If you move all day at your job, you may prefer light stretching in the morning and light stretching or relaxation at night. This will create more physical harmony and use all the muscles of the body.

EATING, THINKING AND EXERCISE

For years, physical culturists have told us that if we spend more time in vigorous physical exercise each day, our appetite will increase. They feel a hearty appetite is a sign of good health. But, we know the more vigorous we exercise, the more nutrients we must replace in the body due to the stress created. The nutrients help to rebuild the stressed areas and the more eating you do, the more blood and energy your body uses in digestion and assimilation of food. This limits the amount of blood and energy to be used for thinking and creative activities.

We feel that a balanced lifestyle uses moderate exercise and a moderate diet to the advantage of increased mental capacity and less sleeptime. Our experience shows that the average sleep needs of a living foods practitioner are reduced from 8-12 hours to 5-8 hours nightly, allowing them more free time to enjoy life.

FLEXERCISES ADD LIFE FORCE

Flexercises are designed to purify and give flexibility and strength to the skeletal, muscular and nervous systems. The central nervous system is the spinal cord and brain. The peripheral nervous system is made of the motor and sensory nerves outside the central nervous system. The autonomic nervous system is both the sympathetic and

parasympathetic nervous systems, they control the involuntary functioning of the body and mind.

Flexercises key on creating suppleness and strength of the back and spinal column. The spinal column is the major neurotransmitter of the body. It controls the flow of energy to the nervous systems and one's vitality. The entire nervous system; central, peripheral and autonomic is based there. All of the thousands of nerves that control all areas and organs of the body can be traced back to the great network of nerves in the spine and brain.

Flexercises begin gently by stretching and tensing the spine. In the process, all the vital organs are massaged and blood circulation is increased. Gentle pressure on the glands and organs stimulates them, purifying and balancing the blood. The chemically altered blood causes a balanced, chemical change in the brain which alleviates tension and stress. A mind and body free from stress can awaken to its intuitive brilliance and creativity.

FLEXERCISES AND THE SEVEN NERVE CENTERS

For centuries, ancient seers and religious organizations have recognized and written about the many energy or nerve centers in man. The Egyptians, Greeks, Jews, Hindus, Buddhists, Gnostic Christians, Indians and others in many parts of the world have left us volumes of descriptions of these 'wheels of energy'. We will refer to them as nerve centers, as each one relates to an area, organ, or gland of the body.

More modern accounts of these centers, written by many famed clairvoyants and psychics have given us proof of their existence. Many thousands of books make reference to the effect of these force centers, on the thoughts, actions and health of humans. Acupuncturists will argue, and rightfully so, that there are many more than seven energy centers throughout the body. But the most important of them are the seven pictured. Each one of these centers is a whirling vortice of energy, vibrating at varying frequencies. They vibrate at such high speeds that they are beyond normal human sight, like a radio wave, but no less real. When they are open, tuned and vibrating in resonance, the whole organism is at a peak of health and power.

The simple flexercise movements have been used for hundreds of years by certain religious and health minded groups in the East and West. They balance the nerve centers of the body, rejuvenating and youthing it. It is said by many, that old age, senility and loss of power occur when the intensity of speed or vibration of the centers weaken and become imbalanced with each other. Modern methods of testing by the use of sensitive instruments and pendulums prove this truth.

The exercises presented here have the express purpose of restoring a man to manhood or a woman to womanhood. That is, to make people virile and keep them that way constantly.

THE SIX STEPS TO POWER

The first flexercise is a simple one. It is used only for speeding up the energy centers. We used to do it as kids: Stand up straight, with arms outstretched horizontally to the shoulders and with your feet at shoulder width apart. Now begin to spin in a clockwise direction until you feel slight dizziness, it is important to turn from left to right only, in a clockwise direction.

Figure no. 1

Your first few attempts will make you dizzy at about six turns. Sit or lie down if you feel the need. As time passes and as your centers speed up, you will be able to do many spins and feel only slightly dizzy. The Sufis, a religious order, have dancers called 'whirling durvishes'. They spin around for sometimes hours at a time. The virility of the older dancers is amazing. However, for our needs, only twenty-one turns daily are desired for perfect balance with the other movements given. Too many turns may speed up some centers too much, while slowing others down, creating an energy imbalance.

The second movement is even more simple than the first. Lie down on your back, on the floor covered with a rug or folded balnket, etc. Place your hands flat alongside your hips. Keep the fingers close together with the fingertips of each hand turned slightly towards one another. Now raise your feet until the legs are straight up. If possible, let the feet extend a bit back over the body without bending the knees. Lift the head towards the chest at the same time. Then, slowly lower the feet and head to the floor and relax the muscles for a moment and perform it all over again.

If you are too weak to lift the legs with knees straight, start by lifting the thighs with knees bent until you can straighten them. Stand and take a few deep breaths when you are done and move to step three.

Figure no. 2A

Figure no. 2B

The third movement always follows number two. It is also simple to do. First, kneel on a rug or blanket, etc. and place your hands at your thighs, as pictured. Lean forward as far as possible, with the head inclined so the chin rests on the chest. Now, lean backward as far as possible, lifting and throwing the head as far back as it will go. Then bring the head up along with the body. Lean forward and start again. After completion, stand up and take a few deep breaths.

Figure no. 3A

Figure no. 3B

The fourth step may seem more difficult at first for some, but shortly will become as simple as the others. Sit on the carpet with feet stretched out in front and your hands alongside the body. Now, raise the body and bend the knees so that the legs, from the knees down are nearly straight up and down. The arms, too, will be straight up and down while the body, from the shoulders to the knees, will be horizontal. Place the chin on the chest before starting and allow it to drop as far back as possible. Return to a sitting position and relax for a moment before repeating the procedure. Each time the body is pressed up to the horizontal position, tense every muscle. Tensing squeezes the tissues and muscles, aiding elimination and the creation of helpful nerve fluids. After finishing, take a few deep breaths while standing up.

It is not necessary to attain perfection in these movements from the start. It may take some time to reach the desired position. Within a few months of practice behind you, others around you will be amazed at your abilities. You will know you are getting more fit, each time you do them.

Figure no. 4A

Figure no. 4B

Step number five resembles a cat stretch exercise of physical culture. Start by placing the hands two feet apart on the floor in front of you and stretch the legs out to the rear end, also placing them two feet apart. Now push the body, especially the hips, up as far as possible, rising on your toes and hands. At the same time, bring the chin down to touch the chest. Then allow the body to come down to a relaxed sagging position and bring the head up and place it as far back as possible.

The body should drop from its highest point to one of almost, but not touching the floor. Tense the muscles of the body each time it reaches the highest and lowest points of the movement. This is one of the easiest of the movements for the average person. After performing this exercise, stand and take a few deep breaths.

Figure no. 5A

Figure no. 5B

The sixth movement is a stretch of the body, especially the spine, legs and pelvis. It is in two parts. First, clasp the hands together straight up overhead. Rotate the pelvis down and under and reach up as far as possible. Relax and drop the arms and slowly lean forward with limp arms hanging down. Now, fold the arms below the head and 'hang', bent over as far as possible with knees slightly bent. Stay in this position and breath into any tightness in the body. At first, a minute or so will be enough. After you have loosened up somewhat, you will be comfortable staying down longer.

Figure no. 6A

Figure no. 6B

The second part is a simple side stretch. Stand at 1 ½ shoulders width apart and start as before, with hands clasped above your head and pelvis tucked under. Now stretch down to the right side, while detaching the hands. Reach out as far as possible with the hands and stay in this position for a few seconds. Then rotate the entire body, while still stretched to the side, so it is parallel to the floor and reach out with the hands as far as possible. Stay in this position for a few seconds and return to the upright position, breathe deeply once or twice and repeat the same to the left side.

Soon you will be able to stay at each of the side positions for about a ½ minute or so.

Figure no. 6C

Figure no. 6D

The seventh and final step is to be performed last and always on an empty stomach. It is a great builder of 'intestinal fortitude'. It is also an ancient Eastern purification exercise. This exercise is one of the single most important physical control, internal massage movements known in the world today. It works to strengthen all the vital organs and systems of the body. For ease in its practice, we have broken it into four parts. Do each part until you have mastered it as instructed and move on to the next one. Be patient, for this exercise can be done by all, with unequaled benefits from other exercises. Standing, place feet at about shoulders width apart, bend knees slightly and place your hands on your thighs at about pocket height. Next, blow all the air out of your lungs, forceably and hold it out. This will create a natural vacuum, sucking up the abdomen area. This is the end of step one, breathe in and relax. Try this until you feel the sucking up action and can hold the breath out for a few seconds.

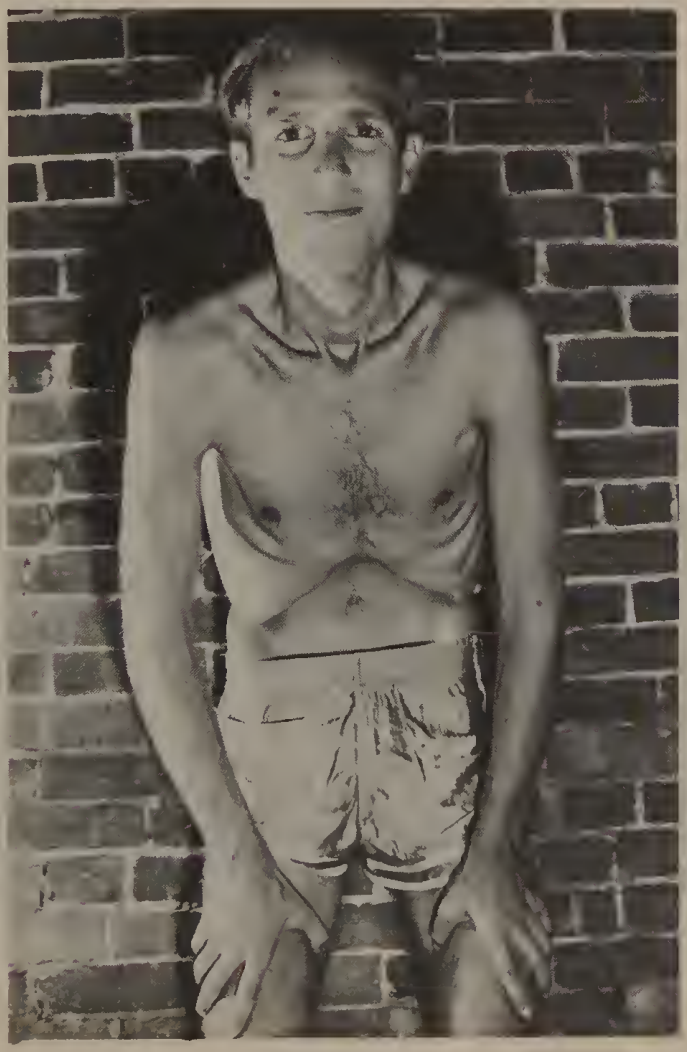


Figure no. 7A

The second step is the same as the first one, only when you have sucked the abdomen up, relax it and push it out while still holding the breath out. It should pop out, then suck it up inside again. This action looks like that of a bullfrog as he blows up and sucks in his breast and throat. Make sure to hold the breath out when you do this. When you can 'pop' the abdomen in and out a dozen times or so, move on to step three.

Figure no. 7B

Step three is done while holding the breath out with the abdomen sucked up, as in number two. This time, press on the right thigh with the right hand and relax the right side of the abdomen. The abdomenal muscle will stick out on the right side. Try it with the left side and then place the hands in the middle, just above the groin. Remember to keep the breath out while doing this movement. When you can manuever the muscle on either side and in the middle, you may begin step four.

Figure no. 7C

The final step requires practice of the others before it. If you have prepared well, it will come easy to you. As in all the other steps, forceably blow out all the air and keep it out. Now, contract the muscles on the right to left and left to right as the abdomen muscles creates the wave like motion. Do it from side to side, several times. A dozen or so times in each direction is great. Then stand up straight and take a few deep breaths.

Figure no. 7D

Practice, practice, practice this exercise until you can show others also. It is constipation's, fear's and cowardice's greatest enemy. Can you not see how this exercise can massage and strengthen all the vital organs and systems in your body?

FURTHER INSTRUCTIONS

Use the flexercises in the morning and/or at night, but never on a full stomach. For the first four months, work up to a full set of 21 for each of the first five exercises. After that, 21 repetitions twice a day is the most one needs to do. At first, practice each of exercises one through five, three times a day. Increase them two times a day each week, until you are doing 21 a day; which will be the beginning of the tenth week.

Almost everyone will be able to perform most of these exercises the full number of times, in a few months. It may take some a year to do all of them fully. To those recovering from a hernia an appendectomy or any other surgery, be very cautious to do the ones that stress the problem area. Pregnant women should not perform exercise number seven. Doing these exercises even a few times each day are of benefit. Be patient with your progress. There is no hurry, when you are getting better each day.

The entire set of exercises will take you less than fifteen minutes. Practice them at least six days a week, for best results. Remember, after each exercise, stand erect and breathe deeply a few times, filling the abdomen, middle and upper chest.

After you finish the series, a dry brush skin massage and a quick shower will prepare you for a glorious day.

FREEBICS — MAN'S BEST FRIEND

Freebics, combined with the flexercises, complete the Life Force fitness program. Freebics stands for free aerobic, breathing awareness exercises. That means, running, walking climbing, hiking, jumping, biking, swimming; a combination of some of these or any other movement exercises you prefer. These represent the aerobic part of the exercise and observing the breath during the action, is the other part.

Freebics are designed to purify and strengthen the circulatory and cardiovascular functions of the body. The heart is exercised and strengthened and the oxygen level of the blood increases. Increased blood oxygen prevents disease and promotes clear thinking. Oxygen starvation of the blood, tissues, and brain is a major cause of old age and senility. In almost all cases, the older one gets in years, the more shallow is the breathing. No one can live in health without an adequate supply of this vital gas. It is invisible food of the highest order.

THE BREATH OF LIFE

Breath is life. Have you heard the story of the man who gives up all his senses, one-by-one, to God? When he is at last asked to give up his breath, he resists, for he knows he cannot live but a few minutes without it.

Notice others around you. Is it true that the persons who look the most healthy, are also the most active? Those persons receive sufficient amounts of oxygen to burn up bodily wastes. Paul Bragg, a great nutritionist and life extensionist, said, *The most important of all physical activities is correct breathing,* and *No one can be perfectly well, who does not breath deeply.*[1] Much disease and ill health, both physical and mental is a direct result of suck pump breathing of polluted air. H.B. Meller, a researcher at the Meller Institute, said: *When it is known that lungs take about thirty cubic inches of air into one's lungs in each inhalation, or about seven times the weight of food and water consumed, it can be understood why people are weakened, devitalized and poisoned by the pollution in the air they suck into their lungs, than by all the ingredients in the food they eat and the water they drink.*[2]

A breath enters the nose, where it is partially cleansed and warmed. Down the trachea (windpipe) it goes, into the lungs. In the lungs there are millions of capillaries. They twine among the tiny air tubes and air cells, as a vine twines among the branch branches and leaves of a tree. A wall, thinner than a soap bubble, separates the blood and the air in the lungs.

At this point, the breath passes into the blood and poisonous impurities; which are brought there via the circulation, are cast off in exhalation. A new load of nitrogen, oxygen, hydrogen and the es-

sense of sunlight is absorbed by the blood and carried to the trillions of body cells.

Improper breathing or lack of oxygen causes poor circulation. Symptoms of bad blood circulation are cold feet, hands, nose and ears, exhaustion and overwork of the heart, lack of muscle tone and general unhappiness.

Bragg states, *Most adults use only ¼ of their lung capacity.* With practice, the number of breaths taken can be reduced from the average 17 breaths per minute to four, while using three fourths of the lung capacity. Holding the breath is an excellent exercise. It greatly increases the amount of oxygen absorbed by the blood.

Deep breathing should begin in the stomach, pushing the diaphragm down and out, and continue in the chest and upper lungs, pushing the diaphragm up and out. This is a full breath. The benefit of a full breath is improved circulation. The body's ability to eliminate impurities from the blood is heightened, as well.

Learn to breath with every cell in your lungs. It is then and only then, that you raise your rate of physical vibration to its highest level. The breath of life releases a great force, improving thinking, strength, overall health, and the ability to achieve.

BREATH AWARENESS IS IMPORTANT

Become aware of what type of breather you are. Are you a sunken shallow chest type or do you breath fully and deeply? The purpose of breath awareness during aerobic exercise is to consciously feel the breath vitalizing the body and to allow your mind to work while resting, being detached from the stream of thoughts.

All you do is center your attention on the breath while you walk, run, play, etc. Feel where the breath begins. Count how many steps or movements you make with each breath and develop a pattern that feels comfortable. One of the author's favorites is a brisk walk, taking up to 10 steps per breath and counting off the steps with inhalation and exhalation.

Many world class runners practice this technique and also add mental images or visualizations while they perform. Imagine dragging a thousand pound weight behind you when you run and you will tire quickly. But, if you see and feel a fast wind at your back, you will be sped along the way. These techniques do work for many,

you may even be practicing them unconsciously without knowing it.

FREEBICS AND PROBLEM SOLVING

Everyone has problems of one type or another. Problem solving helps us to gather valuable life experiences. Many people's lives revolve around this activity, in business, education, politics, and personal lives.

All great inventors and ordinary people solve problems in two steps. The first step involves preparation, when you think out every possible angle and factor that is relevant to the problem. We often are stuck at this point, unable to find the 'missing link'. If we try too hard, we cannot get it. At this point, we give up and turn to another activity, maybe resting or eating or walking. Our mind is given a chance to relax and the second step begins. A deeper, unconscious thought process thinks over the problem. Quickly, without trying, we have our answer.

Many great inventions have come in dreams, in relaxation, while eating, etc. There is great preparation by the inventors to research the thing, first. The next time you go out for a walk or run, think of a problem that needs solving. Before you go, you will have thought it out some. Now go out and apply the freebics breath and image techniques and you will automatically forget the problem while you refresh your mind and body.

Sometime later, after the long walk, when your mind returns to the problem, you may find that it is already solved.

FREEBICS AND FEAR

Fear is a great poison of the mind. Often it is said, *the only thing to fear, is fear itself.* Many people create mental images of themselves as personal and physical failures. As the model becomes full-size, their thoughts become real. Every thought, every movement, every action effects a chemical change upon the body. We are continually changing our body structure through fear and anxiety; this is inharmonious. When one feels good and strong physically, a message of confidence is relayed to the mind and it reflects this strength. Freebics help you to feel good in body, mind and spirit; and your fears are replaced by confidence and success.

FREEBICS AND AGING

While walking the mountains of Pakistan, the author met a European man with a large pack on his back and a walking stick in his hand. He told him of his decision to reverse the process of degeneration and aging in his body. A few years ago, he merely packed up and began walking. At first, it was depressing and hard for him to carry on. But results kept him alive and eager to keep going. He had walked hundreds of miles and was as strong and fit as any man the author had ever met. He was shocked to learn that this man suffered from chronic illnesses in several areas, including the joints, before he set out.

No matter how old you are, walking can help to reverse aging. Human beings have been walking for over a million years. Our body is perfectly suited for this mode of travel. Walking 'oils the joints' of the body. It prevents and relieves stiffness and atrophy; and gives us suppleness and harmony in our movements.

FREEBICS AND WEIGHT

Most overweight people try their best to control their appetites and be careful of what they eat, in the short-run. However, almost all of them are unsuccessful over a period of time at keeping off the weight. Others are under-weight and no matter how much or how often they eat, of even the most heavy foods, they do not gain a pound.

Many varieties create weight imbalances and no one is more important than the other. But we do know good health practices help both extremes. We do know that a mile walk per day will shed at least ten pounds per year, even if the caloric intake is sustained. At the 'Mansion', we have witnessed some people lose up to 30 pounds in eight days, while others have gained 14 pounds during that same period. The key is not to lose or gain, but to balance the bodyweight and functioning. The exercise and diet program we outline in this book, is the quickest, safest way we know of to create this balanced state.

THE TECHNIQUES

Much of the techniques have been hinted at in the preceeding pages. Here are a few more fine points: First set yourself a goal; decide to walk, run, etc., a certain distance at least four times a week. Outline a route in your mind around the neighborhood where you live. Change the route from time to time on impulse or on a desire to do more or less that day. When you are ready, increase the distance little by little. Do not compete against others or yourself for time and distance, this is stressful.

Set the distance according to your abilities. Any distance, from a few blocks to a few miles, will do. Change the terrain from time to time, go up hills and down some, even try climbing stairs if you want.

Be cautious from the beginning. Almost all Americans beyond thirty years old, have some degree of atherosclerosis. If you have a specific problem that warrants special caution, see your doctor and ask him to help you to create a safe freebics program for you. It is safe to start out walking and slowly increase the pace. While you are out moving, watch your breath. Feel it, as it comes in and goes out. Count each step and see how many you are taking per each inhale/exhale. Find a comfortable rate of breaths per steps and put your mental and physical machine on 'automatic'. Experiment with different breathing/moving rates and see how each one affects you.

The different rates of breath create their own mental and emotional states; for example, fast, short breathing alway makes us more tense, while slow, even breathing always relaxes and calms us. A steady and even, in-out rhythm is rejuvenating to the body and refreshing to the mind.

Our last word of advice is to enjoy your freebics when you do them. If you leave the house feeling that exercise is a 'task', so it will be for your body. Feel alive and vital, as you apply the super brain breathing and movement techniques to your youthing process. Start right now and all that you want in this life will be possible for you.

Chapter 8

CREATING A RELAXED, ALERT BODY AND MIND

THE QUALITY OF LIFE

In today's society, everyone wants to have satisfaction in life; but their satisfaction doesn't come from acquisition of material things. The 'man who has everything', still feels that vacuum, that feeling of inward bankruptcy never satisfied from without.

Everyone wants to develop a personality that atttracts confidence, love, and success. This goal seems so illusive, that few ever gain the quality that is needed to create such a personality. It is this 'quality' in a person that attracts positive things and without the quality, there is no attractive power.

Those who wish to develop their quality, act upon every opportunity to advance, mentally and spiritually. They use each situation to increase their powers, while learning how to use them intelligently. Countless great men and women, the world over, have learned how to achieve this quality. In their search for greater understanding, the cloak of ignorance is cast aside.

Observe the action of quality in others around you. When you come into contact with a balanced, happy person, you feel a sense of rest and peace. Fear doesn't enter your thoughts, but only a mysterious sense of confidence.

This person is not aggressive or false; you can detect a hidden strength and you feel it affecting you, but you feel at ease and confident.

A look into the person's eyes, reveals a look of love and kindness, that attracts you. You know that the person is your friend, no matter what you do.

You are fascinated by his calm and powerful manner. You feel a definite reaction within you and this is 'quality'. He knows that hate, envy, greed and all such things destroy quality and he radiates love only, to all and tends to his own business.

He understands how you feel in despair and doubt; because he was without the quality of poise and strength, once. He shows you

the way, when you ask; to peace and power. His peace comes from within and he shows you how to acquire it. He is like the ocean, which receives all rivers and streams; yet like the mighty ocean, he is unmoved by them.

His knowledge is based on the great law of cause and effect. He sets into operation certain causes and knows what the effect will be. He sees other people set in operation certain causes and understands their results, beforehand.

His quality attracts many friends and love, not that he desires them; because he has no dependance on people and things, but these things are attracted to him by right.

He is at home with all kinds of people, rich and poor are loved equally by him; for he does not care for what they have. All people, good or bad, are his brothers and sisters. He does not look for the wicked in the sinner, nor does he seek weakness in the saint.

He heals others with his heart and relieves the troubled mind. The power of love works through him and he knows that he, by himself, is nothing. His faith in the creator is unshakable.

He knows that you cannot eliminate the negative by substituting the opposite. For both are but images in the mind and the negative still exists. He deals with both of these imposters in the same way, by understanding and self observation; for they are but creatures of his mind.

How many people you know, truly examine their thoughts, actions and words? If they did, they would not say the things they say and act the way they act.

THE MARKS OF GREATNESS

Greatness, in spite of its name, appears to be not so much a certain size, as a certain quality in human lives. It may be present in lives, whose range is very small.

The greatest achievement of the human spirit is to live up to one's opportunities and make the most of one's resources.

One of the marks of true greatness, is the ability to develop greatness in others.

There is a great man, who makes every man feel small. But, the real great man is the man who makes every man feel great.

Great men are they who see that spirit is stronger than any material force; that thoughts rule the world.

There are three marks of a superior man: being virtuous, he is free from anxiety; being wise, he is free from perplexity; being brave, he is free from fear.

Truly great persons are more interested in controlling themselves, than in controlling others.

Who is the hero? He, who conquers himself.

No saint, no hero, no discoverer, no prophet, no leader ever did his work cheaply and easily, comfortably and painlessly; and no people was ever great, which did not pass through the valley of the shadow of death, on its way to greatness.

The hero is one who kindles a great light in the world, who sets up blazing torches in the dark streets of life, for men to see by. The saint is the man who walks through the dark paths of the world, himself a 'light'.

To bear up under loss; to fight the bitterness of defeat and the weakness of grief; to be victor over anger, to smile when tears are close; to go on, when it would seem good to die; to look up with unquenchable faith in something ever more about to be—that is what any man can do, and be great.

No man has come to true greatness, who has not felt in some degree, that his life belongs to his race; and that what God gives him, He gives him for mankind.

TRUTH

Truth is not to be found in far off lands or between the pages of books. It is everywhere, it is the great law itself; beyond any idea or image you may have for it. Truth is not a conception, for it is beyond mind itself.

Truth *is* for many seekers who thirst for 'the truth'; end your search and realize that you are the truth, the expression of the great law with all its attributes. We offer this book to free the world's people of forms, creeds, dogmas, ideas, theories, concepts, etc., that limit and confuse the mind; distorting the truth.

When the power of the truth is established in you, there is no more rushing here and there; there is no more trying to force your mind to comprehend something that is beyond mind. Searching for something that is ever present, is like trying to find yourself beside yourself; it is like chasing your own shadow. Free yourself from all concepts and preconceived ideas, and you become a receptical of

energy that acts as a magnet attracting love, power and wealth to you.

THE GREAT LAW

It is essential to the understanding of the effects of the mind and emotions upon your health, to know about the great law.

Virtually all of the greatest minds of our age, believed in the presence of a Creator or builder of all things. For in every direction, we see order and the balance of nature. The Creator, Lord, God, Great Law, is the totality of all laws in the universe.

Law is everywhere present. The seasons change and the tides come in and go out according to the law, for it is behind all things. All that is, material or inmaterial, concrete or abstract, visible or invisible has its existence in the one law.

The great law is man's teacher, guide and friend; revealing to him his mission and the solution to every problem, large or small.

ONENESS

There is but one life, one Creator, and that same life is within you and all of creation. We have been taught to believe that no two things can occupy the same space. Let us try an experiment, take a glass full of water and check the water level of the glass. Now pour a teaspoon of pure sugar into the glass and stir. The water level will stay the same, for sugar is water soluble and it dissolves entirely into the water.

Two things can occupy the same space, if one is of a higher or lower vibratory rate. There is a vast ocean of energy from which all other forms of energy, visible and invisible, have come. As a living being, you have come from this one source, as a wave from the depths of the ocean, to beat upon the beaches of the Earth. Eventually, you see the loneliness and separation you have created and return along the 'path', as a wave returns back into the ocean. You, the observer, merge with the ocean of energy from which you came. This is the law of all natural life, the act of separation and eventual return to oneness. For example, a tree grows and lives for many years, before it die and rots; becoming a part of the fertile forest soil again.

Try this exercise on oneness. Sitting comfortably with half-closed eyes, stare into the center of a candle flame. You will see golden threads, several of them, run from the candle to you and seem to connect you to them. Retain this position of the eyes on the candle, thinking that you are the collective fragments and that the candle flame is the Creator or ocean of energy, from whence all things come, from which you are separated. See and feel your oneness/connection with the source, as you understand the true meaning of love.

THE LAW OF CAUSE AND EFFECT

At the core of the great law are the workings of cause and effect. The understanding of cause and effect, allowed former — day prophets to predict probabilities of future events. Where plagues claimed the lives of millions; they saw poor hygiene, caused by deviation from the law of physical purity. Where there was slavery and suffering, they saw a disregard for the law of equality. Where there was static dogma and deceipt within the church and state, they saw ignorance of the laws of life.

As you throw a stone into a pool of water; the more energy you put forth in casting the stone, the more ripples will be made; resulting in many cycles of circular motion, before the movement stills and returns to its source point. In your life, the same result occurs. If your action/thought is powerful and decisively energetic, then the cycles will be stronger and of longer duration, before it reaches stillness once more. There are no exceptions to this law. In a world where pollution is the rule, war and arms build-up is escalating and people are morally and spiritually bankrupt; what will the future bring? We sit watching the same pool of water and many stones are being flung into it, some with great force and some with lesser force. The conflicting currents of water, much like the waves of big ships clashing against small boats, are causing some to capsize.

The solution to our present dilemma lies in our collective ability to understand the law of life. This understanding will set us all free, to live in peace. For each thought you think creates your experience. And the collective thoughts of the world's people, create our experiences overall. When people everywhere think thoughts of peace and act in harmony with nature, the world will reflect the same.

THE REAL POWER OF THOUGHTS

Modern science has proved that electricity, in its fluidic state is everywhere, in all things. Nothing is 'solid', everything is in a constant state of movement. We live in a sea of universal energy. We are continually absorbing this energy, and discharging it in the form of thought, or directed energy, to suit our needs. In a way, we are like a power station generating energy from the atmosphere and sending it out to whereever we please.

Each thought generates a life force, which sets into motion some action. Thoughts create our world. They originate in the self, as a means of self expression. If a thought originates from a thing external to the self, hate, jealousy, fear, anger, and others, such feelings result. All these feelings surround the thought and gather together particles of energy, which often become a solid mass of matter; because matter and energy are one in the same.

The newly created 'thought forms' travel and collecting many more of their type, negative or positive; they return to the orginator, stronger than ever.

These thoughts, returned home, create your personal vibrations or 'quality'. They cluster around you and others feel them when you approach. This explains why babies scream and cry when a paranoid person handles them, while a balanced person will have a positive effect on the baby's emotions. It also explains why one postman is always being bitten by neighborhood dogs and he always has to carry a can of mace; while a few blocks away, all the dogs follow the local postman on his route. For animals and babies are sensitive to people's vibrations, they are like delicate radio receivers and transmitter units. They receive a signal (vibration) and transmit the same.

The mind is the vehicle of expression and when there is a certain amount of inner realization, only pure thoughts flow from it. There is continuously an automatic flow of energy towards all people and things. All of our thoughts are charged with this energy and can have the desired effect on people and things.

It is necessary to learn how to govern and apply thought power, not only for the benefit of yourself, but for everyone else, too. Without this understanding, the force is disrupted and often works against the person, without him knowing it. The resulting inner conflict causes depletion and illnesses; mental and physical, more

than anything else. The unconscious belief in disease, death and imperfection creates the same conditions in the body.

When you are in a calm, peaceful state of mind, the universal energy flows to you, to give expression to itself and you becomes filled with 'life force'. Health occurs when your physical body responds to this 'life force' and its perfect harmony and rhythm.

HOW THOUGHTS AFFECT THE BODY

It is well known that a person with a violent temper or in a constant state of anxiety, can produce an ulcerated stomach or small intestine. When an individual is in fear, the nerve centers become paralized, the blood vessels contract and the heart pumps faster; resulting in high blood pressure. It can rise many points and yet become normalized in minutes, with the use of scientific relaxation techniques.

Angina pectoris occurs when the blood vessels of the heart go into a spasm. This condition is thought by many to be incurable, but it is no longer incurable, if the cause which brought it about, is removed. Much of today's heart disease can be eliminated, if we could learn to use our minds and brains instead of letting our blood vessels, nerves and intestines do the work.

All the organs and glands of the body are controlled by the cerebellum in the brain. The cerebellum works automatically, day and night, to keep you healthy. But many negative thoughts create negative emotions, which alter the automatic functions of the cerebellum, throwing it out of balance, making it impossible to do its work. Eventually, the structure of certain organs and systems change and before long, symptoms and serious disorders result. This is what is meant by using your brains and mind for their proper work and not using your organs and glands, except in the automatic health processes.

YOUR EMOTIONS CAN CONTROL YOU

Most people are hypnotized by their emotions. Things are not always as they seem. A badly scarred torso does not attract the eye, but cover it with a fine silk shirt and the attitude quickly changes.

Our emotions color the thoughts we think. They can prevent us

from seeing, hearing, and thinking correctly, reducing our senses to an illusory usage, far from the uninhibited use by an aware and emotionally controlled person. Consider the case of a ballplayer who breaks his leg part way through the game, he is emotionally charged and unable to feel the pain. The opposite extreme is the neurotic person who creates illness and emotional/mental depression in his healthy body, by conscious desire to be ill. In both cases, they have blinded themselves by uncontrolled emotions.

How often do you 'lose your head' and 'fly off the handle'? A balanced person who possesses a certain amount of inner awareness learns to use the masks of anger, firmness and joy, putting a different one on to deal with each situation that arises; while himself knowing the outcome of all his actions. The uncontrolled person becomes the emotion which is being expressed and enters a state of 'temporary insanity'. This state prevents the entire mind and brain from working as a coordinating machine for the healthy stimulation of the whole being and it explains the term, 'I was not all there'.

With conflicting emotions, a habit pattern is created in the brain and nervous system, which throws the whole system into an uproar. This proves that our emotions often hypnotize the functions of our body.

Self-observation, using reason and relaxation techniques, can help you to become aware of your unconscious habit patterns. Increased self-awareness gives you the power to break down the old habit patterns, releasing the cerebellum to do its regular work. The relaxation technique outlined in this section, combined with the freebics exercises and breath awareness, reduce tension. Certain forms of breathing help to quiet the nervous system and promote a sense of calmness.

PAYING ATTENTION- THE KEY TO INCREASED POWER

Mental surgery is an efficient and thorough method of healing the mind. It is the cutting out of old diseased emotional patterns, using self-observation and reasoning as the knife; no finer tool is known.

Everyday all of us have a great opportunity to grow happier, by getting to know ourselves better. Each situation and experience becomes a teacher when we learn to be attentive and discern, deeply, our thoughts, actions and emotions.

It is common knowledge that both the very young and the very old possess the shortest span of attention. Both groups have the poorest memories, as a result; for attention and memory are directly related. The more attention you pay to a thing, the better your memory of it will be. The more attention you pay to your thoughts, actions and emotions, the better you will remember your true self; the self that is free from emotional conflict and confusion of thought.

If you are caught up in error, you will fail to see your true self; but when you can see the true you, error falls away because it has no foundation in truth. A new life begins on an ever upward and onward progression; unfolding more and more wonders along the path.

GETTING TO KNOW YOURSELF BETTER

Emotion is necessary to a balanced life, but true emotion is elevating; it creates ambition and action. It is necessary to cultivate true emotions, but we must not suppress emotions that harm us. Understanding them and not being caught in them is the key to freedom.

Let us ask you the following, and be honest in answering to yourselves, yes or no. Do you have a negative attitude towards life? Are you always complaining that life is too hard? Do you feel that God has forgotten you? If this is so, you are unwinding the coil of life, instead of winding it up in your being. Examine your mind and see what is there, then you will find out what it is made of.

Are you morbid and gloomy? Are you ever a drag upon another's happiness? Are you always looking for others to hold you up? Are you full of grievances? Do you seek flattery and become angry when you do not get it? Are you often jealous? Unless you know whether you are doing these things, you will never be able to deal with them properly. Be honest with yourself, do not merely skim the surface.

The next question is: Are you affected easily by what others say, or are you indifferent, like a man is to an ant? Do you overheat inside while showing an outer appearance of calm? Do you smile but inside hurt under a wisecrack? Or do you outwardly show indifference while inwardly feeling revenge? Are you caught up in the

emotional reflexes that these situations bring on? This is not good for your health. If you could see the inner workings of your brain and body during these moments, you would reconsider your reactions.

What we intend to do, is to bring you face to face with yourself. This is called mirroring your soul; without seeing yourself, you cannot deal with the error. Think over these questions quietly and see how they affect you. Have you ever said things about others; that if they were said against you, you would be hurt? Do you ever think of what you do to others? Do not let people trap you into talking about others, for it will come to sit on your own head, like mother goose on her egg.

Are you affected easily by the other's criticisms or can you still depend on your own judgement? Are you afraid of your own judgement? Are you afraid that your decisions are often wrong or can you make up your mind and stick to it, when you are right?

Almost everyone is influenced by the suggestions of others. Modern advertising and political persuasion techniques suggest to you what to buy/think and you do it, believing the suggestion is true. Learn not to judge a book by its shining persuasive cover. Let experience and truth guide your beliefs.

Do you look for fault in others? Are you comfortable conversing with all kinds of people or do you hide from some? Can you enjoy the company of people less refined than you? And be above all argument in such a case?

Do you tend to be impatient with other people's fads and fancies or would you be surprised if others found your conversation a boring one?

Would you think it weakness to witness a depth of emotion that brought tears to a man's eyes? Do you possess the spirit capable of such depth of emotion? It is not good to try to stop your emotions, but to kill the harmful habit patterns created by them and transform this energy to the only true emotion of love.

The great harmonizing emotion of love is within us all and can bring us great peace and well-being. Allow this energy to light the candle in your heart and watch the flame grow.

The supreme gift of inner peace will be given to all sincere seekers after truth. Inner peace brings contentment, despite an undue stress load and brings calmness to aid others while they struggle to climb

the mountain of bliss. Inner peace makes you an anchor for others in the great storm of life.

YOUR HUMAN TEMPLE AND ITS HIGHER POTENTIAL

If you were the most tiny piece of sand on the beach and you looked up at the human body, what would you see? In front of you, would be a vast solar system of lights (the 50 billion cells of the body) and seven major planets corresponding to the whirling centers of energy along the spine.

The human body is a microcosm of the macrocosm, a smaller whole in the large whole. It is the most complex technology in the world we live in. No man made technology can come close to nature's gift. The body is a complex organization of organs and systems, all working together as a unit. There are some 60 thousand miles of tubing running throughout the body, that is enough to go twice around the world with 10,000 miles left over. Our scientists are just beginning to discover some of the many hidden abilities and potentials we possess.

Today, there are thousands of volumes written on or about man's higher potential. Many of them written by well respected minds of the age. The Russians have been doing heavy research into the use of ESP and other metaphysical phenomena. These things are very real and can be learned by almost anyone with the will and discipline to stick to it.

Certain disciplines for purification of mind, body and spirit have been required by the 'mystery schools' of all ages.

They stress the importance of emptying the consciousness of ego-centered thoughts and less than noble goals. Many have recommmended beginning in the body with purification of the blood and nervous system, through diet and relaxation. A lighter diet vibrates at a higher rate of vibration, it is lower on the food chain, while a flesh diet is higher on the food chain; it is dense matter and vibrates more slowly. By lightening the diet, one becomes more 'etheric', as the body vibrates at a higher rate. ESP and psychic phenomena operate on a higher range of frequency.

The mind and brain of man operate much the same as a radio receiver transmitter. A dog whistle is imperceptible to human hearing; yet, the dog can hear it a mile away. The dog's hearing is tuned

in to a more sensitive level. We can learn to tune our senses into more sensitive levels. This often occurs naturally to blind and handicapped people. They are forced to increase sensitivity of one sense to compensate for the loss to others.

Spring blew trumpets of color,
Her green ran in my brain;
I saw a blind man groping
Tap—tap, with his cane.
I pitied him his blindness,
But can I boast I see?
Perhaps there walks a Spirit
Close by who pities me.
A Spirit who sees me tapping
The fine sensed cane of my mind
Amidst such unseen glories;
I may be worse than blind.

Murdo MacDonald-Bayne

An increased vibratory rate occurs automatically when the body is purified through diet/exercise and the mind is purified through the techniques mentioned, especially love through service to others. The higher potential, lying dormant within, awakens slowly and unfolds more and more truth. You ascend the ladder to your highest goal, step by step, seeing a better view and having more understanding along the way. Truly, the more you know, the more there is to learn; but the path and the glory it unfolds, is worth all the disruptions and disappointments along the way.

THE DANGER OF EXTREMISM

Extremism in any form is limiting and harmful to all, avoid it always. Do not be so overly anxious for spiritual growth, that you become a fanatic. Fanaticism does not recognize the right of others to have their beliefs, spiritual or otherwise. Choose instead to become an example of your pathway, leading a balanced lifestyle.

Many unconsciously try to 'run away' from Earth, after coming to grips with their reality. They become strict in this or that dis-

cipline, some have even starved themselves to physical death, in the belief that long periods of fasting would bring them closer to God.

Learn to tune into your own inner voice and listen carefully and truthfully to it. Do not 'broadcast' your spiritual inner activities, for this is unnecessary and only a form of egoistic conceit. Actions speak louder than words and who you are, speaks louder than what you have to say.

THREE STEPS TO RELAXATION AND FREEDOM

Many of the world's greatest and busiest people have learned that relaxation is the key to renewed energy, clear thinking and sound nerves. Churchill and Roosevelt learned the art of relaxation. Both were able to rejuvenate their brain and body while running an empire at war. Twenty minutes a day is little to ask, for the benefits you will receive.

In order to obtain extraordinary health, you must will it. The vital force which guides all life must be allowed to regulate your physiological and psychological functions. During complete relaxation, the force is unhindered and will always work to heal the individual's mind and body, for relaxation is the opposite of muscular and mental tension.

Frequent and regular practice is essential. Make a habit of relaxing at the same time each day. The author prefers the time just before dinner, after a long day's work. Apply the simple technique to all your daily activities, try to become increasingly conscious of any tension and situation, which may bring it on.

Our first step is 'taking off the brakes'. Releasing all our tension, stress, mental pressure and turning our attention to relaxation of each limb and part of the body and towards the breathing.

DEEP RELAXATION TECHNIQUE

Find a comfortable place to sit or lie down. Make sure your spine is straight and loosen or remove any tightly fitting clothing or sleeves. Uncross your arms and legs. If you are lying down, place one pillow under your head and one under the knees. If you are comfortable with your body, thoughts and feelings, you are ready to begin.

Close your eyes. Inhale deeply through your nose, into your abdomen. Hold your breath for a moment, then exhale slowly through your nose. Continue breathing in this way, keeping your awareness on the in and out flow of breath. You begin to feel more relaxed and open. Enjoy those feelings, as your breath becomes a natural relaxed rhythm. Bring your awareness to the toes of your right foot. Tell them to relax. Say in your mind or softly outloud, *I am relaxing my toes, they are becoming more and more relaxed.* Feel them become heavy and loose. Move your attention to the sole of your right foot. Say to yourself, *I am relaxing my foot, it is becoming more and more relaxed.* Move on to the heel and feel it pressing against the floor. Tell it to relax and feel it sinking into the floor, like a stone into a pool of water. Now, move your awareness to your right ankle. Feel its shape. Tell it to relax. Just let all tension go. In the same way, relax the rest of your right leg and then move to the left one. Then relax slowly, your buttocks, your pelvis, your genitals, your abdomen, your chest, your spine and back, your neck, your shoulders and upper , your wrists, hands, fingers. Relax your jaw, let it drop. Now, relax the muscles of the face and scalp and move to the eyes. Feel a flood of relaxation come over your body, from head to toe. As the relaxed state deepens, imagine these numbers in your mind:

TEN: Relaxed
NINE: More relaxed
EIGHT: Deeper relaxation
SEVEN: Growing deeper
SIX: Deeper still
FIVE: Deeper
FOUR: Deeper
THREE: Deeper
TWO: (pause)
ONE: (pause)

Now you are in a state of deep relaxation. Use the opportunity to watch your thoughts, review your mental make-up, pray, meditate or communicate with your guides. Your mind will also be more open to positive suggestion at this time. Whatever you decide, feel a wave of relaxation caress your body, from toes to head and enjoy the feeling of having the 'brakes off'.

At the 'Mansion', many of the students fall asleep during their

first few attempts. This is great, your body needs the rest, however, after a few trys your body can get the rest while your mind works for better health, as you direct your consciousness to positive ends.

The first few attempts may take you 20 minutes to relax. After a few days or weeks of practice, all you will need to do is find a comfortable position and go through the count-down. Even further along with the technique you will be able to phyically take off the brakes at work, while driving, and in living day-to-day. A long car ride will leave the passengers exhausted; while you, the driver, will be as fresh as when you set out.

Practice this very important relaxation technique and experiment with others. It will soon reflect in all your interactions with others and with life's situations. You will become a person who possesses a calm inner strength that others admire.

The second step, is feeling the in and out flow of your breath. Breathe deeply and evenly and feel the breath coming and going, like a great wave in the ocean. Feel all pressure leaving your chest, as each breath is more open and deeper.

When breathing properly, you will find it easy to enter the third step, reviewing your mental make-up. Be prepared to review emotional reactions and repressed painful memories, even as far back as childhood.

The method we will use is simple. In a relaxed state, you repeat whatever comes into your mind silently to yourself, letting one word or event suggest another. Do not inhibit your thoughts. Allow them to flow freely, while you impersonally look upon them as if viewing a film. *Tell on yourself*, all the things you did and did not do, or should have done. Be careful not to analyze or judge any event, good or bad, it works best when an impersonal review is made.

Whatever words or phrases come to mind, don't be afraid to say them. Many people have repressed emotions related to swear words. Say them, they cannot hurt you. It will release the inward pressure they have on you. The same goes for thoughts regarding sex and other attitudes you have repressed. When you understand the function of sex properly, you will know there is nothing wrong with it.

This method will show you what you are doing to prevent perfect well-being from occurring in your life; freeing you from frustration and fear, created through a habit of negative thoughts/emotions. It is simple and very effective if you can be honest with yourself, without judgement of any kind.

Another important exercise is done while resting in bed, just before sleep. It is just a quick review of your day, backwards. Picture each experience/event of your day, as if you were the star of the film. Start with what you did just before getting into bed and go backwards through each episode, until you reach the morning. Ask yourself, were you fair with everyone that day? Did you act as an example of perfect psycho— spirit-physical balance? Touch on each situation briefly and then move to the next. Make up your mind to right any wrongs that may have occurred and enjoy a restful sleep.

This little technique can help you to free yourself of petty irritations, which can clutter your mind each day. You simply deal with them and put them aside, forever. It is a great teacher that wipes the slate clean each day. In our business, we often 'lose ourselves', however, using this exercise you will learn from each mistake and right it in your mind each day.

LIFE AFTER LIFE

Life on Earth is a hard, wearisome battle for many. Some reason that life's only result is death. They become discouraged and look for ways to stop these depressing thoughts from entering their life. They often spend the rest of their days, filling their lives with self-destructive pleasures. Spiritually, this type of person is at best standing still.

In this Chapter, we learned that all things are in a constant state of fluidic movement. Your body is a pulsating dynamo of vital energy. Science has proven that energy in any form cannot disappear, it can only be transformed into a different state. Every particle in the universe is a living particle, which changes from one form to another. For example, if we throw kitchen scraps in our garden, the energy that was the scraps is changed into compost. We then take the compost and place it around our apple tree. The energy that was the compost, becomes the ripe apple. We eat the apple and the energy that it was, becomes a part of the energy field surrounding our body, called the Aura. We then raise this energy up again and send it from our being through expression. So the energy that was the kitchen scraps changed many times but it remains forever.

In death of a physical body (pulsating dynamo of energy), the energy that is you, is transformed to another form. What ignorant man sees is death; what enlightened man sees is the action of life in

the law of transition from one state to another. Existence continues, as proven by science; but it is a different form of existence than experienced on Earth.

Each of us have chosen to come to Earth, to learn certain lessons we need for completing our present developmental state in life. We are challenged by temptations of the world and they are here for us to overcome. We are purified by the experience of 'putting temptation behind us'. All the trials and tribulations we face help us to grow and climb the ladder of evolution to higher consciousness.

WHAT IS A GOOD JEW, CHRISTIAN, BUDDHIST, ETC.?

Almost all people are a part of some organized religion, but few fathom the message they attempt to offer. *Do as you would be done by,* is the seven world golden rule; the essential message being taught by every church, in every nation of the world.

Many of the world religions, built on fear, depict a Creator who punishes and rewards. A confusion of emotions develops in the disciple of such a teaching. In one breath, they proclaim 'God is Love' and in the next, they declare that He punishes the wicked by casting them into a hellish inferno! Understand that as you sow, so will you reap. Rise above dogmatic teachings and teach love, by 'action'.

A spiritual person lives the golden rule as a simple fact of life. Whatever he does, he thinks first of the consequences of his actions. He learns a great deal of discipline and concentration. These qualities allow him to put his whole heart and mind into what he is doing, now. It matters not your position in this life, but how you can carry out your responsibilities of living on the Earth. Do you care about others? Do you give life your best at all times? We have all met simple people doing simple tasks, who did their jobs and lived their lives; without overlooking a single detail. This person is leading a meditative lifestyle, using full concentration on each thing. He is receiving and harmonizing the power of life and sharing it with all life.

SPIRITUALITY

Spirituality, in its true meaning, is an event or experience on any level that aids in the evolution of consciousness. It pertains to every aspect of human life. For the past several hundred years, 'organized

religion' has obtained a monopoly on all things spiritual. This has been a great victory for 'darkness'.

The path from separation to oneness is wide and varied. Religion is mistakably believed to be the *only* path. However, as the Aquarian energy of fusion and unity increases, many are becoming aware that a spiritual life is possible in any field of interest. Politics, science, economics, social studies, education and finance are spiritual paths equal to that of religion. As we accept this realization, the world, its leaders and each field of human endeavor becomes spiritualized.

LIVING HERE AND NOW

How many people realize that they spend a good part of each day in the past or in the future? Each experience we have or object we see is automatically related to others that have already happened or may happen some time. For example, you see a red car on the street and you think, *That's just like the one my aunt owns,* and *I remember I borrowed it on the night of my highschool prom,* and *I was with Karen Hopeless that night,* and *we went over to Charlie's party afterwards,* and *I wonder if Charlie will be at homecoming game this Thanksgiving?* and *I wonder if it is a home game or not?* and *Boy, am I hungry,* and *I wonder what's for dinner, tonight,* and *I hope it's not a boiled dinner again,* and then suddenly a red light appears and you bring the car to a halt. Where have you been anyway?

Being here and now, means just that, not being in the past memories or future expectations; but driving or reading or talking or anything you are doing, now. Try to put full concentration into each and every thing. When you begin to know that all time, is the present, you stop 'longing' for things to come, and a great strain drops from you. You will no longer have time to dwell on problems of past and future; but only enough time to do what is necessary, here and now. Your life becomes a movie, with you the viewer and main star/character. You just sit back and let it unfold and flow beneath your eyes.

LOVE AND FORGIVENESS BRINGS GREAT REWARDS

When a person trys to hurt you or anger you, try to understand the cause behind their emotion. Some children attempt to hit anyone

they see. Ask yourself, what is their homelife like? Do they receive lots of attention and love? Lack of attention/love in our early years, can pose a great problem in later life. It can and does often surface as aggression towards other people and things. Realize then, that the aggressive or angry person is crying out for love and attention, that was not supplied earlier in their life. True love cannot be defined or qualified. Physical acts do not denote love; that is merely shallow thinking on humanity's part. Nor is gift giving and permissiveness indications of love. Love is an inner quality. Your best example, is the family canine friend. Does he demand from you? Does he love you when you forgot to feed him? Doesn't he also feel your pain? Doesn't he console you when you are sad and unhappy? Doesn't he lick your hand even when you scold him?

Love is unconditional, love is all inclusive, love is always understanding and kind, love is acceptance, love is unattached to the physical world, love has no enemies.

Have compassion for people that attempt to do you wrong. Have understanding for your parents, who did their best in bringing you into this world. If they are alive, forgive them and bring to their attention the lacks and problems you suffered and still feel as a grown-up. This will release an inward pressure that has limited you for years. They will love you all the more for your understanding and appreciative approach. Do this with all people you have problems with, face the situation and own up to your faults. You will understand others better when you see your own faults.

SERVICE TO OTHERS BRINGS INNER PEACE

Every chance you have, help others to help themselves. Whatever the need may be, lend a hand; for we have all experienced the joys of sharing our skills and know-how with others. It feels as if we have had an emotional bath. Beware of service to others with expectation of reward, for then you miss the point. Sure, you have to live in this world and afford life's necessities; but service for the sake of what's right and good, reaps both material and spiritual gains. Seek to serve the great law of life and all things that are worth having, will be yours. Love and service will become pleasure and rest to those with a loving heart.

Chapter 9

TRANSITION INTO LIFE

THE TRANSITION PERIOD

This book is not complete without a few words on making the lifestyle changes we suggest, smooth and effective. We call this change over period, the 'transition' period. There are no limitations or timetables for the transition period. We offer only guidelines derived from nature and the experiences of others, like yourself.

Nature rarely does things in haste. The seasons change slowly enough for our bodies to adjust to our new climate, and the tides come in and go out, before we realize it. It takes a piece of fruit many weeks to develop and ripen on the tree and it took millions of years for the Earth to be prepared for life as we know it. There is a definite pace of all things in the natural kingdom.

For all of us entering on the transition phase of this program, it is wise to follow nature's example, especially those under a physician's care. When drugs and/or other medical care is being used, follow the advise of nature in making all changes towards your goal slowly. As your body becomes stronger, dependance upon external remedies will diminish. You are then fighting disease from a position of strength.

Moderation in all things is important. It is the major factor behind the long lives of centenarians, the world over. During the first few months on the transition, there is a tendency in many to overeat of all foods, even the good ones. This is a good sign, for your body is adjusting to new food with a completely different vibration. The overweight person will lose weight quickly, starving the false body, built on junk foods and the underweight person will begin to gain slowly, building a new body with living foods. Those in normal weight, may begin to lose a few pounds. This is not cause for worry, in six months to one year, your natural weight will be established and it will stay there for the rest of your healthy years. Remember, more people in America die of overweight than of underweight.

Find substitute foods, within the Life Force program recommendations, to replace your old ones. If you miss warm foods and

become cold often, soak your feet in hot water and exercise more often. An uninhibited circulation creates more warmth or cooling as the outside temperature demands. Cultivate an internal thermometer that will keep you comfortable in all weather; depend less on the wall thermostat and cooking, for comfort. Remember to dress more warmly during the cold season and adapt your diet and exercise to keep you warm. It is better to warm your body with tea or warm food, than it is to become cold inside. Becoming too cold inside, drains the body's vitality.

THE TRANSITION CHART

The transition chart presents simple and clear guidelines as to the regenerative value of many food groups. The values were assigned by the author, after careful study of the facts and opinions of many respected nutritionists. It is beyond our scope to list each type and variety of food group on the chart.

The chart is offered as a guide towards making positive dietary changes. Compute your diet as instructed to see where you are now. See the detailed explanation for instructions on its use in planning your diet.

TRANSITION CHART

+	120	Sprouts, Indoor Garden Greens, Weeds, Grasses (and their juices) combined into 'Green Drinks'
+	100	Ripe fruit, fresh vegetables (all in their natural raw state)
+	100	Fresh fruit and vegetable and vegetable juices
+	90	Ferments—sauerkraut, seed sauces and cheeses, rejuvelac
+	70	Soaked, dried fruits, vegetables and sea vegetables
+	60	Soaked seeds and nuts (soaked overnight)
+	30	Honey and other natural sweeteners
+	10	Unsoaked seeds and nuts
	0	—
-	10	Lightly steamed vegetables and fruits
-	20	Slow baked tubers and root vegetabls
-	30	Slow cooked pre-soaked legumes, tofu
-	40	Slow cooked vegetable soups

- 40 Pressure cooked whole grains (millet, brown rice,buckwheat)
- 50 Toasted or roasted seeds and nuts (without oils)
- 50 Dairy (raw, unpasturized), raw egg yolks
- 60 Breads
- 70 Oils of all types
- 70 Toasted or roasted seeds and nuts (using oils)
- 90 Vegetarian meat substitutes (using oils, etc.)
- 90 Natural junk food snacks (using complex combinations, incl. sugars, oils, proteins, fruits, etc.)
- 100 All flesh foods (fish, chicken or meat), all processed foods (foods deleted from, added to or altered from their whole natural state), all foods containing chemical additives
- 120 Drugs, alcohol, other intoxicants or stimulants

DETAILED EXPLANATION OF THE TRANSITION CHART

This chart indicates the many foods, natural and unnatural, used by people today. Each food is given a 'value'. The 'value' corresponds to the non-material or regenerative power of the food. The higher the number, the greater the regenerative power. For example, sprouts are given a value of 120.

All living foods used by the Life Force program are given positive values. All cooked or otherwise devitalized foods are assigned the negative value. For example, all foods cooked in oil have a value of -110. The more health destroying the food is, the higher is its negative. Remember, many people have sustained relatively healthy bodies for about 60-65 years, while taking only foods listed with negative values. However, few if any of them have regenerated themselves physically using these foods.

HOW TO USE THE CHART

First, list by percentage the amount of each of the foods or food groups which comprise your own diet and assign each group its numerical value, by multiplying the percentage times the value listed for it. For example, if you eat 30 percent fruits in your diet, then multiply (.30)x(+100)(value of fruits) and you get 33 for an answer. (See the example in Table 1).

Table 1

%	DESCRIPTION	Value
40	Sprouts and greens, etc.	48
20	Fruits and vegetables	20
5	Ferments	4
5	Sea vegetables	3.5
5	Seeds and Nuts (soaked)	3
5	Sweeteners (natural)	+1.5
10	Steamed Vegetables	- 1
10	Baked tubers and roots	- 2
100 Total		77 Total

Use the chart as a guide towards improving the present regenerative power of your diet. As is stated earlier, after many years of eating the same foods, your body has become accustomed to them. Nature does not heal in jolts, but by slow and steady progress. The older the body, the more deep the habits and the slower is the regenerative process. It took Dr. Wigmore some 20 years to achieve her present state of good health.

We feel that any person who maintains a total dietary value of 50 or over, is on the road to long life and freedom from disease. Again, we repeat, the value of sprouts, grasses, indoor garden greens and the juices of the same are the strongest regenerative foods. Work towards increasing the 'life force' value in your diet by a few points at the end of each new year. A total dietary value of 85 or more is ideal. However, it is always better to achieve this goal gradually rather than going up and down, like a yo-yo, between a lower and higher value. Constant 'binging' can prove to be dangerous, especially for those fighting illness. Always look to acheive a balance that fits your body and lifestyle.

As your body becomes more purified, the desire for uncooked, natural foods will increase. Your new 'sensitivity' to taste, texture and the digestive ease of living foods will heighten your ability to discern the 'good' foods from the bad foods available. Certain foods will taste dry, while others will be bland without spices and condiments to 'jazz' them up.

Simplify, simplify, simplify is the message of this section on transition. There are over 200 great tasting natural foods to choose from. Eat a variety of these foods in simple combinations each day

CLEANSING VS. BUILDING FOODS

All vegetables, fruits, sprouts, and juices are both cleansing and building; however, some are more cleansing, while others have more building potential. Natural foods, uncooked and whole, carry with them their own eliminative and building materials in a balanced proportion. These foods will allow your body to balance itself fully. When foods are 'denatured', processed or otherwise disturbed; they lose their balanced function in the body.

A quick glance at the food chart in Chapter 5, gives us an idea of the building and cleansing abilities of foods. All the foods to be used sparingly are more building and the foods to be used in abundance are more cleansing. Liquids are the most cleansing and solids are the most building. This is all you need to know to be able to regulate your own cleansing/building regime.

If you feel you are cleansing too quickly, then add more building foods. If you feel the opposite is the case, you are heavy headed, overweight, and congested; then take more cleansing foods and juices. By 'listening' to your own body, you will know what it wants and needs.

BALANCED CLEANSING AND REBUILDING

Cleansing of the body in health care and prevention of disease is gaining more popularity daily. Almost all people involved in the health field understand the tremendous importance the body's eliminative system plays in health building and therapy. We eliminate toxic wastes from our skin, kidneys, colon, lungs and all other openings of the body. When the eliminative process is overburdened, other channels open up, like boils, open sores, tumors, skin problems, flu, etc. We usually buy 'suppressants' to stop elimination, driving the problem deeper and deeper into the body's organs, tissues and blood. For example, a common cold when suppressed becomes the flu, the flu becomes a fever, a suppressed fever comes back stronger as pnemonia and when pnemonia is quelled, it returns as double pnemonia, when double pnemonia is suppressed,

the first symptoms of tuberculosis appear, if this is suppressed, it becomes dormant tuberculosis, able to flare up at anytime. In the meantime, the person's breathing and overall vitality has diminished until even sleeping has become difficult.

When an acute elimination (a cold) tries to leave your body, let it go and even help it with the use of internal and external bathing and eliminative aids. Do not attempt to suppress any symptoms, for this is only a temporary measure which neglects the cause of the problem entirely.

A CLEAN COLON IS THE KEY TO HEALTH

Well known nutritionists and physicians like, Dr. Norman Walker, Dr. John Tilden, Dr. George Starr White, and hundreds of others in the health field, believe that as much as ninety percent of all disease is due to constipation and unhealthy colons. Harvey Kellog, M.D. of Battlecreek, Michigan, supervised over 20,000 operations; as a surgeon, he found less than one of ten people had anything that resembled a healthy colon. Constipation is increasing along with our nation's growing waistline, it is truly a scourge of our times.

We are going to share with you the five keys to a healthy colon and a tremendous aid to overall health. For the colon often acts as a starting point for disease in any part of the body. These five keys are common sense to most, but do we always follow our intuitive notions?

The first three keys are diet related and the other two have to do with rest and exercise.

The first one is *Fiber* foods. Fiber is indigestible matter often called cellulose or bulk. This is essential for proper colon health. This material passes through the colon, scraping it clean of debris and giving it enough bulk to exercise its muscles. The muscles of the colon move the matter along, to be eliminated by a wavelike movement called peristalsis. Fiber in the diet helps rebuild the colon muscles, through use.

Beware of the fiber supplements found in stores, they are usually irritants. For example, bran, the shavings of the outer shell of a grain, resembles vegetable glass, which cuts the delicate lining of the small intestine causing the body to react. The body dumps liquid borrowed from the organs and blood and flushes the irritant out.[1]

Many commercial and herbal laxatives have the same effect. Use your food as your laxative, find the ones that work for you. The Life Force food program supplies excellent fiber in proper quantities for colon health.

The second key is *Fermented* foods. Ferments contain many healthy bacteria cultures that can neutralize harmful ones inside of us and clear away old debris. They contain a weak strain of antibiotic culture that destroys putrefactive and toxic growth and allows them to be eliminated. Fermented foods are loaded with living enzymes that aid digestion. The nutrients are more easy to digest and assimilate because much of the digestion has already taken place before eating. The Life Force food program suggests a few safe and tasty ferments to use for colon health.

The third key is *Fluids*. Our bodies are about seventy percent liquid. We need plenty of pure fluids to replace the ones we use for eliminative functions each day. In each 24 hour period, the average healthy person living in a temperate climate, eliminates approximately 3-4 quarts of liquid. About one half of this is replaced by breathing and by our solid food intake (if it's living foods). The other 1-2 quarts are taken in the forms of juices; more in the summer, less in the winter. We prefer to use juices, rejuvelac and distilled water only, especially the green juices and rejuvelac. Again we remind you, the recommendations we suggest are only guidelines. Find the liquid intake that suits your body and keep to it, remembering that a feeling of hunger often masks the body's real desire for liquids, especially between meals.

The fourth step is *Fitness*. Exercise and colon health go together, it builds tone and increases activity in a sluggish colon. Practice daily the flexercises, for building 'intestinal fortitude'. Use these exercises, especially number 7, on an empty stomach, for best results; either do them first thing after you awaken, before dinner, or before bed at night. They are an important link in the chain of a long healthy life.

The fifth and final key is *Fasting*. Fasting is physiological rest. It renews the blood and cells of the body. The body turns its energy inward for the purposes of cleansing and eliminating waste during a fast. We recommend short fasts of 10 hours to 3 days on green juices and rejuvelac, for best results. Prepare for a fast ahead of time, set a date and be ready. Use the time during a fast to eliminate your unwanted personality aspects. Take a written inventory on your good

and bad points. Keep it with you at all times during the fast and refer to it occasionally. Vow to transmute all the bad qualities and to improve on your good points. Read more about this valuable science from the sources in the back of the book.

INTERNAL BATHING FOR AN AGELESS BODY

When the five keys are followed, the colon heals and rebuilds itself to its proper functioning. This process may take many years for some or only months for others, depending on age, amount of activity, dietary habits, etc. The natural method is slow and thorough and can be used best by healthy people who are trying to increase their level of well-being. For anyone who has an unnatural condition or disease in their body, an unnatural but completely safe method of regaining colon health is suggested; wheatgrass implants.

WHEATGRASS IMPLANTS

A wheatgrass implant is a retention enema using 1-4 ounces of fresh wheatgrass juice. The juice is absorbed by the hemeroidal vein (just inside the anal sphincter) and enters the portal circulation to the liver. The liver is stimulated to cleanse by the action of the vital nutrients in the juice. We believe the non-toxic, 'living' wheatgrass juice is far superior to coffee enemas in both action and effect.

Wheatgrass implants increase the peristaltic action of the colon and attract waste and old fecal matter, like a magnet to be eliminated from the body. The juice tones the colon and is absorbed into the blood, adding oxygen and energy to the body.

R.W., a student at the institute had been told she was dying from cancer and had been given only a few days to live. She stayed alive, however, eliminating much of the cancer and rebuilding her organs, for several months on wheatgrass implants alone! During this time she was unable to keep down food or drink by mouth.

We believe oral and rectal use of wheatgrass juice is the fastest way to relieve acute symptoms.

*See Appendix

HOW TO TAKE AN IMPLANT

1. Fill 1-4 ounce capacity syringe with wheatgrass juice. Use less than 4 ounces for each implant.
2. Sit on the toilet and lean to one side, so you can get the syringe to the anal opening.
3. Insert tip of syringe (wet from dipping in the juice) into the anus and squeeze the syringe until empty. Repeat if necessary.
4. Hold the juice for 10 to 50 minutes before expelling. In some cases, the implant may be entirely absorbed. Implants can be used every hour if necessary or until acute symptoms disappear.

BEAUTY IS ONLY SKIN DEEP

The skin is the largest eliminative organ of the body. It absorbs anything put on it and secretes an oily substance called sebum, 24 hours a day. If your body was painted from head to toe, you would die in a short time. The pores of the skin must be able to absorb and eliminate freely, for good health. There are approximately 1,000 tiny pores per square inch of skin. The bloodstream runs just under the skin, throughout the entire body. It eliminates waste through the many tiny little pores as it cruises the body.

Animal fat or detergent (chemical) based soaps, shampoos, chemical make-ups, deodorants, powders, synthetic clothing, etc. are absorbed into the blood via the skin. All these products clog and dry the delicate pores of the skin, creating skin problems and toxifying the blood. The skin maintains a healthy bacteria on it always. When it is continually washed away with the irritating chemicals in soaps, the skin is unable to carry out its proper function as an eliminative organ. A natural liquid castile soap is safe when used as directed (diluted) during the transition period.

The author has not used soap for years, except for a mild herbal shampoo, occasionally. A good stiff vegetable skin brush (always used dry) is used from the head to toe, before a shower in the morning and before bed at night. The daily dry brush massage warms the body and increases its eliminative and circulatory functions. This helps to keep the pores open and eliminating all day. In the shower, we use a loofah sponge or another vegetable brush (wet) in place of soap.

The key to a body free of bad odors is internal cleanliness. When dead, decaying foods and animals are 'buried' in the body, it smells like the same. When fresh living foods are used, the body carries its natural scent only. This natural scent plays a major role in the lives of many of nature's wild creatures. Humans have lost this power of attraction and cover it up with smelly perfumes and deodorants.

When the skin is open and performing properly, a great deal of stress is removed from the lungs, kidneys, colon and other eliminative systems. Anything that clogs the skin or pollutes the blood is harmful. Our one sentence beauty lesson is, 'if you can't eat it, don't put it on your skin!'. Is it not ludicrous that the very products we use to make us look younger, actually make us older by poisoning our bodies?

Other aids to help reduce and help the skin eliminate are occasional steam baths, sunbathing, ocean swimming and exposure to fresh air. We feel great at the beach, when we are free of clothes and our skin is exposed to the air, sun and water. Sunbathing is not cancer causing to a healthy body, millions of people spend hours in the sun and suffer no side effects. We believe that chemicals and wastes thrown out of the body via the skin, contact the sun and cause skin cancer. If you live on processed foods, drink alcohol, smoke cigarettes and use chemical tanning products on your skin, you

increase the risk of all types of cancer, including the skin types.

Lead a healthy, balanced lifestyle, eat living foods, use natural products and wear natural clothing. As one begins to purify and rebuild the body, all fear of disease is released. Many people spend years worrying about illness and death; until their worry finally pays off. Choose to live and grow in happiness and healthiness.

YOUR FAMILY AND CIRCLE OF FRIENDS

All that this book has to say is, as you now know, important to all of us. But it is just 'dead' words, if it is not put to use; just another academic exercise. A world free of disease seems a long way off. Almost everyone has reached a point in life where true concern for others becomes a frustration. What can I do?, is the question most often asked. This phenomena is most evident on college campuses across America. Young people are often the first ones to rebel against injustice and war. Unfortunately, during this impressionable age, they get blown about; like a leaf in the wind, from group to group, each with their own self-interests and they eventually feel even more alienated from the problem.

What is the way out of the power games and half-truth 'trips' of others? Hippocrates himself said many years ago, 'physician heal thyself' and others have said, 'man know thyself'. In otherwords, become an example of health, if that is what you want others to be. Your example is stronger than entire volumes of words. What you are, often speaks louder than what you have to say. This does not mean that because you 'live' health, you can tell others to also, unless they ask you for your advise.

Our change in lifestyle can be made much smoother, if we can learn one thing: accept others where they are, for what they are. If you force your opinions in any matter on others, they often end up acting out the opposite extreme.

Become aware that others do not have your understanding. This realization can be painful. Each experience you go through in your awakening is a lesson that you will remember. If you observe your reactions to each one closely, you will grow wiser. When others around you are involved in the junk food syndrome, understand that they have not yet awakened to the truth of nutrition. You cannot force instant awakening upon anyone. Be patient and learn from them and the more you know yourself, the more you will know the

thoughts of others around you. Knowing their thoughts and experiences is where your advantage lies. You will be able to give them support when they need it most.

But still, how does all this change anything? When you know yourself enough to impress others with your knowledge, the tiny seeds of truth you plant in them, grow into towering oak trees. Plant enough seeds and a forest will grow all around you.

Have compassion for family members and friends who choose not to listen. They cannot change until they are willing to accept it. If they choose to learn the hard way, be ready to accept them when they need you the most.

You can and do make a great difference in this world. Always seek ways to serve others. Be patiently compassionate with all people that mean well, but 'know not what they do'. When others ask about your lifestyle, answer their questions. Make an effort to live a balanced, healthy lifestyle and others around you will do the same.

IN CASE OF SERIOUS ILLNESS

We feel, as Eydie Mae wrote in her book, that for those with serious or chronic illness there is no time to 'fool around' with cooking and other harmful dietary practices. The body needs rest, nourishment in the form of grasses, greens, sprouts and their juices, regular exercise, enemas and implants.

When we realize from coroner's reports that most seriously ill people die after having a 'good' meal, we best think twice about what 'good' means to us. Eydie Mae and others have made a decision to do it all or nothing. Occasionally we slip, and this is good; for each time, we learn from our own mistakes and pick ourselves up again and get back on the road to health. When you slip, do not become angry with yourself, this only makes matters worse. Just keep busy and forget about it.

Face temptations with a desire greater than any of a physical nature. When someone asks the author, if he likes pizza, he tells them, *yes, I enjoy eating pizza but, I enjoy feeling good and becoming more happy and helping others to do the same; a million times more and I choose not to eat it because I cannot have both, perfect health and pizza. The two do not equate.*

For you, this period of your life could be a most rewarding or sad experience. It is up to you. To build your health and fight disease will teach you your mastery over physical things and death, for death is a false idea given power by fearful people. Take your power away from death and diseased thinking and use it to heal yourself from within. Every one of life's experiences is a blessing, if you see it that way.

Your family, friends and neighbors do love you and they did not really need to have this opportunity to show you. All you ever have to do is ask and love appears. Have faith in the power behind all life; for it is alive and well in you, just as it is in the sappling during the cold winter. Bring it forth, call to it and then relax and allow it to work with you from now on.

APPENDIX I

THE USE OF ENEMAS AND COLONICS

Since the first printing of Rejuvenation some questions have been raised about the use of colon flushing in the Life Force program. At the Hippocrates Health Institutes daily enemas are used to aid the removal of waste from the colon. Weekly colonics are optional. After the two week course students are advised to continue enemas when necessary. Without doubt enemas are the quickest and easiest way to unblock a congested colon. For those students whose bowel habits are healthy and regular the enemas are not necessary.

The major reason doctors are against enemas has to do with their misguided use and not that they are unnatural. The high colonic tube can be dangerous if forced into the rectum. It is best to stop insertion at the point where resistance is met and apply the enema. Also, many people have developed 'lazy bowels' by the continued use of enemas. They are unable to eliminate on their own. It is important to remember that all methods of colon flushing at best provide the user with symptomatic relief. They remove the waste (effect), but do not correct the cause of the problem. Wheatgrass implants of two to four ounces as directed are far more effective in removing the waste and nourishing the whole body.

The aim of the Life Force program is to aid in regaining healthy and normal eliminative functions of the body. The author is presently researching and writing a book which will cover in detail all of the bodies eliminative functions. The proper use of colon flushing and the methods of regaining colon health will be covered fully.

In summary, the author feels that the sooner the body returns to normal self motivated bowel habits the better. During the transition period the Life Force diet contains an abundance of whole foods, food fiber and liquids to insure two full bowel movements daily. Use some foods that work especially well for you to keep you regular. In the event that you feel congested or related symptoms appear use enemas until they are relieved. Enemas are also helpful during periodic juice diets. Let in as much water as is comfortable. Massage the abdominal area gently for a few minutes and release the water. Repeat if necessary. Look for the authors new book on elimination for specific instructions and special cleansing aids.

SUGGESTED READING

Health

Be Your Own Doctor, Ann Wigmore, Rising Sun Publications, Boston, Massachusetts
Becoming Younger, Norman Walker, Norwalk Press, Phoenix
Colon Health, Norman Walker, Norwatk Press, Phoenix
Dick Gregory's Natural Diet, Dick Gregory, Harper and Row, New York, New York
Live Longer Now, Nathan Pritikin, Grosset and Dunlap, New York
Survival Into The 21st Century, Viktoras Kulvinskas, Omangod Press, Connecticut
Dr. Ann Wigmore's Book of New Age Child Care, Ann Wigmore, Rising Sun publications, Boston.
Guide to Essene Way of Biogenic Living, Edmond Szekely, Biogenic Society, Costa Rica
Heal Yourself, Murdo MacDonald-Bayne, Fowler, England
How to Relax and Revitalize Yourself, Murdo MacDonald-Bayne, Fowler, England

Indoor Gardening

Holistic Help Handbook, Stan and Carol Kalson, International Holistic Center, Phoenix
How to Grow Living Foods Indoors in 7 Days, Ann Wigmore, Rising Sun Publications, Boston
Sprout for the Love of Everybody, Viktoras Kulvinskas, Omangod Press, Connecticut

Recipes

Diet and Salad Suggestions, Norman Walker, Norwalk Press, Phoenix, Arizona
Eydie Mae's Natural Recipes, Eydie Mae Hunsberger, Production House, San Diego
Light Eating for Survival, Marcia Acciardo, Omangod Press, Woodstock Valley, Connecticut
Love Your Body, Viktoras Kulvinskas, Omangod Press, Woodstock Valley, Connecticut

Recipes for Life, Ann Wigmore, Rising Sun Publications, Boston, Massachusetts

Fasting

The Essene Science of Fasting, Edmond Szekely, Biogenic Society, Costa Rica
Fasting for Regeneration, Julia Seton M.D., Health Research, Mokelumne, California
The Miracle of Fasting, Paul Bragg, Health Science, California
The Philosophy of Fasting, Edward Purrington, Health Research, Mokelumne, California
Rational Fasting, Arnold Ehret, Benedict Lust, New York
Raw Vegetable Juices, Norman Walker, Norwalk Press, Phoenix, Arizona

Inspirational

Holy Scriptures of all faiths

A Course in Miracles, Coleman Graphics, New York
Alice Bailey Teachings, Alice Bailey, Lucis, New York
Climb the Highest Mountain, Mark and Elizabeth Prophet, Summit University, California
Divine Healing of Mind and Body, Murdo MacDonald-Bayne, Fowler, England
Essene Gospel of Peace, Edmond Szekely, Biogenic Society, Costa Rica
I Am The Life, Murdo MacDonald-Bayne, Fowler, England
Man's Higher Consciousness, Hilton Hotema, Health Research, California
The Third Eye, Lobsang Rampa, Corgi, England
What the Ancient Wisdon Expects of its Disciples, Manly Hall, Philosophical Research Society, New York
How I Conquered Cancer Naturally, Eydie Mae Hunsberger, Production House, California
Why Suffer?, Ann Wigmore, Rising Sun Publications, Boston

Inspirational Periodicals

Pearls of Wisdom, Summit Lighthouse Press, Box A, Malibu, California 90265

...s of Truth, New Age Teachings, 37 Maple St., Brookfield, Massachusetts 01506
New Age Directory, Viktoras Kulvinskas, Omangod Press, Connecticut (Fall, 1980)

IDEAS TO SPREAD THE MESSAGE

Publicity- Media

Articles and letters to the press
Call radio talk shows and speak on them
Call for news stories
Call in non-profit news releases on subjects like sprouting, etc.
Get free non-profit public address messages on TV for sprouting, etc.

Advertising

Advertise free sprouting information, etc. in all free classifieds
Print up flyers for classes and seminars teaching the living foods program and distribute in local stores
Create a phone-a-thon to call as many people in an area as possible to speak about sprouting and living foods

Other Ideas

Visit all local libraries and request our books and ask others to do the same
Contact other 'open' groups and do lectures
Find a space and hold a series of free classes on living foods in schools, banks, churches, homes, recreation centers, bookstores, ask for a donation to cover expenses
Visit local nursing homes, clubs, study groups, church groups, public schools, conventions, local health food stores, etc. to teach sprouting and live foods preparation
Open a resource center in a small room where people can hook-up with food suppliers and others involved in living foods
Get a few local health people to speak for your center on a donation basis

Hold banquets in your locality weekly (at night or on Sundays) for a donation. Show a film and talk also. Advertise them in a free classified and by flyers

Start a sprout business in your home, supply local health food stores, supermarkets and others with fresh sprouts

Open a living foods restaurant serving sprout salads, juices, sun-baked breads, fermented foods, etc.

What to Teach

Outline today's health crisis

The benefits of living vs. cooked and processed foods

The entire 'learn-by-doing' program using the learn-by-doing section of this book. Include sprouting, indoor gardening, food preparation and recipes

The benefits of fermented foods, rejuvelac, sauerkraut, seed sauces, etc. and how to make and use them

The benefits of exercise, relaxation and positive attitude

Answer questions

FOOTNOTES

Chapter 1

1. Hunsberger, E.M., *How I Conquered Cancer Naturally,* San Diego, California 1975
2. Select Committee on Nutrition and Human Needs, *Dietary Goals for the United States,* Government Printing Office 1977
3. Wall Street Journal, December 27, 1978
4. Neuman, L., *Make Your Juicer Your Drugstore,* Benedict Lust, New York 1970
5. Hunsberger, E.M., *How I Conquered Cancer Naturally,* Pg. 101
6. Select Committee, *Dietary Goals*
7. Rosenweig, S., *Learning To Be Your Own M.D.,* New York Times Magazine, April 2, 1978, Pg. 44
8. Wall Street Journal, December 27, 1978
9. Kulvinskas, V., *Love Your Body,* Omangod Press, Connecticut 1972, Pg. 1
10. Bieler, H.G., M.D., *Food is Your Best Medicine,* Vintage 1976
11. Bieler, H.G., M.D., *Food Is Your Best Medicine,* Vintage 1976
12. Ford Heritage, *Composition and Facts About Foods,* Ford Heritage, Woodstown, New Jersey 1968
13. Pritikin, N. et al, *Live Longer Now,* Grosset and Dunlap, New York 1974, Pgs. 14-16
14. Boston Globe, January 1, 1979
15. Select Committee, *Dietary Goals*
16. Ibid., Pg. 9
17. Null, G. and Pitrone, A., *Alternative Cancer Therapies,* Penthouse Magazine, December, 1979, Pg. 107
18. Ibid., pg. 107
19. Hunsberger, E.M., *How I Conquered Cancer Naturally,* San Diego, California 1975 Pg. 101
20. Null, G., *Cancer Fraud,* Penthouse Magazine, New York, November, 1979, Pg. 78
21. Acres U.S.A., Kansas City, Missouri, November 3, 1976
22. Carrel, A., M.D., *Man, The Unknown,* Harpers, New. York 1935
23. Boston Globe, October 3, 1979, Pg. 9
24. Select Committee, *Dietary Goals,* Pg. 33

25. Engel, R. and Copeland, D.H., *Protective Action of Shock Diets Against Cancer By 2 Actylamino Flourine*, Cancer Research V 12: 211-215 1952
26. Kulvinskas, V., *Survival Into The 21st Century*, Omangod Press, Conecticut 1975, Pg. 227
27. Staff, *Soybeans Are Cancer Fighters*, Prevention, December 1979, Pg. 20-27
28. Kulvinskas, V., *Survival Into The 21st Century*, Omangod Press, Connecticut 1975
29. Lai, C.N., *Chlorophyll: The Active Factor In Wheat Sprout Extract Inhibiting The Metabolic Activation of Carcinogens In Vitro*, Nutrition and Cancer 1979, 1(3) Pgs. 19-21
30. Kulvinskas, V., *Survival Into The 21st Century*, Omangod Press, Connecticut 1975, Pg. 225
31. Select Committee, *Dietary Goals*, Pg. 45
32. Bayrd, E., *The Thin Game*, Avon, New York, 1978, Pg. 25-26
33. Select Committee, *Dietary Goals*, Pg. 45
34. Ibid., Pg. 18
35. Luyken, R. et al, *Nutritional Studies in New Guinea*, American Journal Clinical Nutrition, 14: Pgs. 13-27, 1964
36. Pritiken, N. et al, *Live Longer Now* Grosset and Dunlap, New York 1971, Pg. 54
37. Wigmore,A., *Naturama Living Textbook*, Rising Sun Publications, Boston 1976, Pg. 111
38. Altman, N., *Eating For Life*, Quest, Illinois 1977, Pg. 24
39. Select Committee, *Dietary Goals*, pg. 35.
40. Kulvinskas, V., *Survival Into The 21st Century*, Omangod Press, Connecticut, 1975, Pg. 224
41. Select Committee, *Dietary Goals*, Pg. 32
42. Bayrd, E., *The Thin Game*, Avon, New York, 1978 Pg. 10
43. Ibid., Pg. 46
44. Walker, N.W., *Vibrant Health*, Norwalk Press, Phoenix, Arizona 1972, Pgs. 71-72
45. Longevity Report, Committee For Extended Lifespan, San Marcos, California 1979

Chapter 3

1. Lisle, H., Letter to the Author, November 1979
2. Ibid.,

3. Bayrd, E., *The Thin Game*, Avon, New York, 1978, Pg. 103
4. Ibid., Pg. 97-100
5. Wigmore, A., *Naturama Living Textbook*, Rising Sun Publications, Boston 1976, Pg. 37
6. Bragg, P.C., *The Miracle of Fasting*, Health Science, California, Pg. 51-54
7. Parrett, O.S. M.D., *Why I Don't Eat Meat*, Modern, Ontario, Canada, 1966
8. Walker, N.W., *Raw Vegetable Juices*, Norwalk Press, Phoenix, Arizona 1970
9. Sumner, J.B., *The Secret Life of Enzymes*, Nutrition 1946
10. Pritiken, N. et al, *Live Longer Now*, Grosset and Dunlap, New York 1974, Pg. 114
11. Airola, P., *A Case for freshness*, Well-being 1977

Chapter 4

1. Kulvinskas, V., *Survival Into The 21st Century*, Omangod Press, Connecticut 1975, Pg. 224
2. Benson, H., M.D., *The Mind/Body Effect*, Simon and Schuster, New York 1979

Chapter 5

1. Lappe, F.M., *Diet For A Small Planet*, Ballentine, New York 1971
2. Parret, O.S. M.D., *Why I Don't Eat Meat*, Modern, Ontario, Canada 1966
3. Ibid.,
4. Altman, N., *Eating For Life*, Quest, Illinois 1977, Pg. 21-22
5. Kulvinskas, V., *Survival Into The 21st Century*, Omangod Press, Connecticut 1975, Pg. 30
6. Pritiken, N. et al, *Live Longer Now*, Grosset and Dunlap, New York, N.Y. 1974, Pg. 70
7. Lerner, M., *Coffee Causes Tumors*, Herbalist magazine, March 1980, Pg. 19
8. Pritiken, N., *Lipotoxemia: Nutrition As Related To Degenerative Disease*, Lecture at Longevity Center, Santa Monica, California 1978

9. Szekely, E.B., *-The Essene Way- Biogenic Living,* Biogenic Society, Costa Rica 1978, Pg. 117-118
10. Ibid., Pg. 101
11. Kulvinskas, V., *Survival Into The 21st Century,* Omangod Press, Connecticut 1975
12. Kulvinskas, V., *Nutritional Evaluation of Sprouts and Grasses,* Omangod Press, Connecticut 1976, Pg. 50-58
13. Ibid., Pg. 56
14. Ibid., Pg. 57
15. Ibid., Pg. 34
16. Cancer News Journal, Cancer Control Society, Los Angeles, California, August 1970, Pg. 15
17. Wigmore, A., *Let There Be Light,* Rising Sun Publication, Boston 1965
18. Kulvinskas, V., *Nutritional Evaluation of Sprouts and Grasses,* Omangod Press, Connecticut 1976, Pg. 99
19. Wigmore, A., *Be Your Own Doctor,* Rising Sun Publications, Boston 1976
20. Kulvinskas, V., *Nutritional Evaluation of Sprouts and Grasses,* Omangod Press, Connecticut 1976, Pg. 88
21. Wigmore, A., *Be Your Own Doctor,* Rising Sun Publications, Boston 1976

Chapter 6

1. Wigmore, A., *Naturama Living Textbook,* Rising Sun Publications, Boston 1976, Pg. 242
2. Lisle, H., Letter to Ann Wigmore

Chapter 7

1. Bragg, P.C., *Super Brain Breathing,* Health Science, California
2. Hotema, H., *Man's Higher Consciousness,* Health Research, Mokelumne Hill, California

Chapter 8

1. Landone, B., *Body Purification,* Health Research, Mokelumne Hill, California

Index

Aging: 23, 136, 151; research on, 30, 31; and enzymes, 44, 104
Alcohol: and disease, 7, 25, 61
Allergies: and dairy products, 58
American Cancer Society: diet recommendations of, 47
Amino acids: 45; in living foods, 69, 71, 78, 105, 109
Anemia: 1; treatment of, 68, 73, 74
Apple: pie, pollutants in, 62; recipe for, 129; sauce, 119; strudel, 128
Arteriosclerosis: 59, 73, 74
Arthritis: 28, 46, 58, 98
Asimov, Isaac: 55
Asthma: and dairy products, 59
Atherosclerosis: 21, 23, 60
Attitude: effect of on health, 5, 6, 42, 51, 160; and oxygen, 149
Auto-immunity: 28
Avocado dressing: 123

Birth-control: 49
Blood pressure, high: 1, 24; causes of, 25, 59, 61; treatments of, 48, 98
Bloodstream: regeneration of, 65; pollution of, 81
Bragg, Paul, nutritionist: 148, 149
Brain: 46, 61, 75, 159
Bread: 62, 125
Breathing: 148, 149, 166, 167

Caffeine: effect of, 57, 60
Calcium: 70, 76
Calories: 39, 45
Cancer: 1, 3, 6, 9, 15, 18, 180, 181; and nutrition, 4, 5, 7, 45, 46, 47; research on, 4, 6, 7, 8, 40; treatment of, 6, 78
Carbohydrates: refined, 2, 5, 19, 20, 88; complex, 45, 69, 70, 105
Carrel, Dr. Alexis, 1912 Nobel Prize Winner: 6, 30
Cataracts: 58
Chick peas: 72
Chlorophyll: 8, 68, 77, 78; sources of, 70, 71, 76; properties of, 72, 74, 98; research on 73-75. See also: Wheatgrass
Cholesterol: 23, 60; and disease, 2, 25, 45
Circulation: 48, 51, 79, 98, 149, 180, 181
Cole slaw: 122
Colitis: 74
Colon: 46, 47, 68, 74, 177; cancer of, 7; and fermented foods, 105
Committee for Extended Life Span: 31
Composting: 102-103
Condiments: 59, 62
Coronary Artery disease: 5

Dairy products: and disease, 58, 59
Death: 3, 5, 43, 168, 169
Depression: 73, 74
Desserts: live food recipes for, 128-129
Diabetes: 1, 28; and diet, 5, 19, 20, 60; predisposition to, 20, 21, 29; research on, 21
Diet: and disease, 2, 5, 20, 23, 26; live food, 21, 23, 41, 42, 47, 60; and MDR's, 38
Digestion: 48, 105, 108
Disease: 3, 4, 6, 7, 51, 75; increase in, 1; nutritional factors in, 2, 32, 33, 41, 42, 63, 66; treatment of, 4, 36, 73, 74, 76, 98; and overeating, 6, 28

Eating: excessive, 6; rules for, 79-80
Edison, Thomas: 4
Eggplant Italiano: 125
Elimination: 50, 51, 67, 176, 177, 180
Emotions: and health, 150, 159-162, 170, 171
Enemas: 179, 180
Environment: 54, 55, 56
Enzymes: and cancer, 7; function of, 39, 44, 59, 64, 66; and aging, 44, 104; sources of, 47, 65, 78, 108
Essenes: 64
Exercise: and health, 5, 50, 51, 133, 134, 135; and chronic illness, 23, 24; of colon, 143-146, 178; aerobic, 147, 148, 149

Fasting: 148, 179
Fat: 28, 69; and disease, 7, 19, 20, 22, 25, 26, 29, 60; in American diet, 2, 44, 45
Fermentation: 87, 104, 109, 178
Fermented food: 105, 178
Fiber: 46, 177
Fisher, Hans, 1930 Nobel Prize winner: 73
Flexercises: 136-142, 147
Food: 48, 57, 63, 85; additives, etc., in, 2, 5, 58, 62, 63; combination of, 5, 29, 67, 81-83; refined (processed), 7, 8, 20, 45, 60, 86, 88, 177; unrefined, 7, 63, 84, 176, 177; vital forces in, 30, 40; predigested, 43, 47; testing of, 32, 39, 40, 69; living, 32, 46, 47, 63, 131, 132; growing of, 90; preparation of, 91

Franklin, Ben: 4
Freebics: 147-152
Fruit: 62, 83, 87; drinks, 115-116; freezes, 129
Fuller, Buckminster: 55
Funk, Casimar, chemist: 41

Gastric ulcers: 73
Genetic predisposition: and diabetes, 19
Goddard, James, ex-Commissioner, Food & Drug Admin.: 41
Gout: 58
Grains: 71, 76
Grass: 75-77, 98
Greendrinks: 178, 113-115
Guacamole: 126

Hay fever: 59
Healing: 34, 36, 51, 52, 72, 73
Health: 55, 135, 148, 149, 165; cost of, 1, 2; and nature, 34, 35, 36, 54, 55, 56; views of, 35, 36; emotional/mental factors in, 36, 42, 38, 51, 159, 160; and elimination, 176, 177
Heart disease: 1, 5, 20, 21, 28, 74; research on, 22; causes of, 22, 45, 60
Hippocrates: 3, 4
Hippocrates Health Institute: 16, 17, 18, 26, 28, 32, 68
Hodgkins disease: 18
Holistic health: 35
Humphrey, Senator Hubert: 2
Humus, live food: 127
Hunzas: 81
Hyperactivity: 60
Hyperlipidemia: 21, 24
Hypertension: 5, 24, 25, 59
Hypoglycemia: 25, 26, 27

Ice cream: chemicals in, 62; banana, 129
Implants: 180
Intestines: see Colon
Intuition: and health, 34, 38

Juices: 44; therapeutic use of, 78, 79, 88; recipes for, 112-113; Green and vegetable, 113-116, 178

Kellog, Harvey, M.D.: 58, 117
Kidney disorder: 20, 58, 59
Kirilian photography: 39
Kulvinskas, Victoras: 68, 73

Lactic acid: 105, 108
Laetril: 76
Laxatives: 178
Lecithin: 71
Life, laws of: 156, 175; transformation of, 168
Lisle, Dr. Harvey, chemist: 105
Liver: 25, 26, 28
Longevity: 4, 6, 24, 25
Lupus: 28
Lymphomna: 11

Malnutrition: 3, 57; as cause of disease, 41
Massage: abdominal, 143-146
May, Edie: 11
Mayer, Dr. Jean, nutritionist: 43
McGovern, Senator George: 4
Meat: and disease, 7, 35, 58; chemicals in, 62
Medicine: and disease, 4; effect on elimination, 176, 177
Melon: juice, 116; salad, 117
Menieres Disease: 12
Menstruation: 48
Migraine: 24
Milk: 58, 59; nut, 117-118
Mineral bouillion: 89
Minerals: and cancer, 7; in live foods, 42, 65, 71, 78; in wheatgrass, 76
Mineral salts, organic: 42, 87, 89
Mineral water: 42
Minimum Daily Requirements (MDR): validity of, 38
Mucus: 58, 87
Mushrooms: 126

Natural law: and disease, 3, 8; and health, 34, 35, 36; and food combination, 81
Nervous system: disorder of, 28, 48, 59; effect of stimulants on, 60, 61; and exercise, 135, 136
Nicotine: effect of, 61
Nixon, President: 6
Nut milks: 117-118
Nutrition: 1; and death, 3, 57; and aging, 31; and individuality, 38; research on, 39

Obesity: 5, 19, 28, 29; mental factors in, 29, 30. See also: Overeating
Oil: see Fats
Osteoarthritis: 28
Osteomyelitis: 73, 74
Overeating: 7, 57, 79, 88
Oxygen: 75, 148, 149

Peritonitis: use of chlorophyll for, 73, 74
Pesticides: in foods, 58
Pollution: 46, 55, 61; and food combination, 81
Potassium: 24, 70, 76

Primitive populations: and disease, 21
Problem solving: and Freebics, 150
Processed foods: 33, 61, 62, 67
Protein: 20, 35, 44; function defined, 39, 42, 43; metabolism of, 43, 58, 87; vegetable sources of, 43, 44, 69, 72; and fermentation, 105, 109
Pyorrhea: use of chlorophyll for, 73, 74

Radiation: 75
Rejuvelac: 105, 10o-107, 178
Relaxation: and health, 5, 165; techniques, 166-168
Respiratory problems: and dairy products, 58

Salad: fruit, 119-120; dressing for, 121-123; vegetable, 124
Saliva: and digestion, 35
Salt: 25, 59, 108; and disease, 2, 5, 24. See also: Mineral Salts
Sauerkraut: 108, 109, 127
Scurvy: 41
Sea vegetables: 89, 108
Seed: sprouting of, 64, 70-72, 92; nutrients in, 64, 65, 70, 71, 72; cheese, 110-111
Select Committee, 1976 hearings: 5, 7, 28
Senate Sub-Committee on Nutrition and Human Needs: 2, 23
Seventh-day Adventists: 7, 60
Sinusitis: 1, 73
Skin: disorders of, 28, 74, 180, 181; function of, 180, 181, 182
Smoking: 25, 61
Soup: fruit, 118; vegetable, 120-121, 127
Spices: effect of, 59
Spirulina: 89
Sprouts: and cancer, 8; nutrients in, 65-72; research on, 66, 67; instructions for, 92-93
Starch: and disease, 19, 29, 88; digestion of, 35, 88; in sauerkraut, 108
Stilbestorol, in food: 58
Stress: and disease, 7, 22, 23, 25, 79
Sugar: and disease, 2, 19, 20, 25, 26, 29; effect of, 35, 57, 60
Sunbathing: 181
Sunflower: properties of, 70
Systemic Lupus: see Lupus

Tamari: 89
Thought: power of, 158, 159
Thrombosis: 23
Tobacco: 61
Tranquilizers: in food, 58
Travel: diet during, 131, 132
Tuberculosis: 74

Tumors: 7, 18, 60

Ulcers: 74
United States National Cancer Institute: 7, 47

Varicose veins: 74
Vegetable: salts, 89; drinks, 113-116; loaves, 123-124
Vegetarianism: 8, 35, 67
Vincent's angina: 74
Vinegar: 61
Virility: 136
Vitamin A: research on, 38; effect of excess, 41; sources, 71, 76
Vitamin Bs: sources, 67, 68, 70, 71, 108; B-12, 41, 67, 68; B-17, 76
Vitamin C: effect of excess, 41; sources, 66, 70, 71, 76, 108
Vitamin D: effect of excess, 41; sources, 70, 71
Vitamin E: sources, 70, 71, 107
Vitamin F: in alfalfa, 71
Vitamin K: sources, 71, 106
Vitamins: 7, 39, 41; sources of, 65, 66, 78, 89

Weight control: 29, 151
Wheat: effect of sprouting on, 69, 70
Wheatgrass: 76, 99, 102; therapeutic use of, 73, 74, 76, 98
Wheels of energy: 135
Wigmore, Dr. Ann: 14, 15, 16, 32, 175

Yeast, nutritional: 89

ABOUT THE AUTHOR

Stephen Blauer began his own search for health and wholeness after his graduation from the University of Massachusetts with a degree in Health Economics. Subsequent world-wide travels led him to many societies in which not only disease and sickness are relatively unknown, but people live extraordinarily long, productive and happy lives. He returned convinced that we all have the power within to be well, and for the past seven years he has become a student and teacher of all aspects of health – physical, mental and spiritual.

For the past two and a half years Stephen has been a raw food vegetarian, working closely with the staff and guests at the Hippocrates Health Institute, Boston, Massachusetts, where Dr. Ann Wigmore has pioneered in the field of health through living foods. Out of this work has grown the Life Force Program, through which Stephen advocates the wellness approach to health. Presently, Stephen is Dr. Ann's Administrative Assistant. He is a lecturer and gives workshops on the Life Force Program for balanced lifestyle change.

Price $4.95

1975

1979

REJUVENATION

This important book reveals the discoveries behind Dr. Ann Wigmore's successful rejuvenation. It shows how you can:

- Strengthen your body to help overcome degenerative diseases as cancer, heart disease, diabetes, hypertension, obesity and aging.
- Use living foods to regenerate the cells that make-up your body.
- Add years of productive living to your life.

This book is about Living, inside you will find:

- Over 70 delicious Life Force recipes.
- More than 20 pages of recent testimonials from successful users of the Life Force program.
- Hundreds of other Health tips.

Book Jacket designed by Amanda Kislevitz.